



Bhajans of Baba Somanath

Santa Sataguru Satya Svarupaa
Nitya Niraamaya Nirmalaa (refrain)

O Sant Satguru, Form of Truth,
You are ever pure and undefiled.

Mrityunjaya bhava dustara taarakaa
Chitta chinmaya tatva prakaashakaa
Gati mati ko gane sthiti na barane
Mati agamya anta na mulaa (1)

You are the victor over death who
ferries the jivas across the impassable
realm of matter,
Omniscient Consciousness,
Quintessence of Light,

Ineffable and beyond reckoning is Your state.

The mind cannot conceive of You; You are without beginning and without end.

Dhyaavata yogi kara sanyogi
Jag vaasanaa tyaagi
Nigamaadika kare teri mahimaa
Naaga shesha shiva hari bramhaa
Jaagrata jyoti mahaa teja murti
Kaarana sukshma na sthulaa (2)

Through contemplation upon You, the yogis have abandoned worldly desires and have achieved union with the Beloved.

The Vedas and all the scriptures extol Your Greatness.

Shiva, Vishnu, Brahma, and the serpent
Shesh proclaim Your glory.
O Kindler of Light, in Your form resides
all power and splendor.
You dwell beyond the physical, astral,
and causal realms.

Veda atita bodha murti
Saadhu jana hridaya vaasi
Naada naayaka bheda anantaa
Baadha jivana bhava harantaa
Che dishi maayaa kara niramohyaa
Alaukika amolaa (3)

Surpassing the Vedas, You are the
Embodiment of Wisdom,
Yet within the hearts of the Sadhus,
You make Your abode.
Lord of the Inner Sound, the mystery
never ending,

Vanquishing all obstructions in this
earthly existence,
Free us from attachment to the six-
directional Maya,
And bestow on us the Transcendental
Reality that is beyond price.

Param jyoti param prakaashaa
Karatalaamrita daayakaa
Nirankaara niragunaatitaa
Nirbhaya deva bhava rahitaa
Varanata shaastra puraana atulaa (4)

Peerless Radiance, Supreme
Effulgence,
Cupped in Your hands is the Nectar of
Immortality, which you graciously
distribute.
Fearless Lord, unfettered by this world,

Even the Shastras and Puranas recount
Your matchless glory.

Dina naatha dayaala svaami
Sva anubhava prakaashakaa
Somanatha tava charana dhyaave
Nema nitya nirantara gaave
Kaamaadik bhava hara jiva shulaa (5)

O Protector of the lowly ones, most
merciful Lord,
Self-Existent, Bestower of Light
Somanath has contemplated upon
Your lotus feet.
Unceasingly, He will sing Your praises.
You free all the jivas from the desires
and afflictions of this world.

02 Dina bandhu dina naatha

Dina bandhu dina naatha
Dayaala Sataguru jaga taarakaa
(refrain)

You are the Lord and Friend of the
lowly ones.
O Merciful Satguru, Deliverer of the
World.

Dhenu kaama sama jaana tujhako
Aan paryo dvaara paalakaa (1)

Understanding you as Kamadhenu, the
wish-granting cow,

I have fallen at your door — O,
Gatekeeper of the Inner Realms.

Hina guna saba bina kaarhe
Gyaana mohe aba dijiye
Chinha chauja chinaava aapana
Charana daasa mujhe kijiye (2)

Please remove all my faults and low
qualities.

Now grant me the gift of inner
Enlightenment.

Place the divine mark of Shabd on my
forehead, and accept me as Your own.
Make me the servant of Your holy feet.

Gunaatita guna gambhira svaami
Karuna mujha para raakhiye
Sharana pare ki laaja tumako

Janana marana hataaiye (3)

You dwell beyond the three gunas,
most profound Lord.

Shower Your grace upon me.

I have taken refuge in Your shelter, and
now to preserve Your honor,
Please take me out of the cycle of
births and deaths.

Karana kaarana kaaranaatita

Karunaa kara mujhe taariye

Jaarana maarana uchaatanaadi

Hina guna te bachaaiye (4)

You dwell beyond the arena of action,
above the causal and super-causal
planes.

Be gracious and ferry me across.

Please keep me safe from black magic
and spells of revenge.
Save me from the low-minded ones.

Naama nisadina japaaya mujhako
Dhyaana aapa kaa dridhaaiye
Nainana madhye mana sthiraaya
Gyaana jota darsaaiye (5)

Make me repeat the Naam day and
night.
And keep me steadfastly absorbed in
contemplation on You.
Rivet my attention at the still point
between the eyes,
And show me the Light of Spiritual
knowledge.

Sthula sukshama kaaranaadi

Sthaana brahmaa langhaaiye
Maanasarovara shunya sthaana me
Snaana niramala karaaiye (6)

Ferrying me across the physical, astral
and causal realms,
Lead me into the region of Parbrahm.
In the spiritual pool of Mansarovar, in
the region of the Void,
Let me bathe in those purifying waters,
so that I may become immaculate and
whole.

Dhuna saara shabda adhaar deyake
Mahaasuna charhaaiye
Sohang dhaara sataloka darsaaya
Bina dhuna bajaaiye (7)

Giving me the support of the Dhun, the
True Shabd,

Transport my soul into the Great Void.
Drawing me upwards on the stream of
Sohang Shabd; reveal the vision of the
True Realm, Sat Lok,
Where divine strains of the veena fill
the air.

Alakha agama gamanaa jaaki
Tahaa jaaya pauchaaiye
Jaana baalaka dina mujhe
Aada anaama samaaiye (8)

Transport me to Alakh and Agam – the
invisible and inaccessible regions.
Whoever reaches there, has come to
the end of the journey.
Regarding me as your helpless child,
Merge me into the primal Anami Lok.

Somanaatha anaath jaanake
Amara pada mujhe bakshiye
Svaami dayaala daataa Saavan
Charana apana lagaaiye (9)

Understanding Somanath as a
homeless orphan,
Grant me refuge in that Deathless
Realm.
O Sawan, Supreme Lord and Gracious
Benefactor,
Attach me to Your lotus feet.

03 Parama Santa Parama Pitaa

Parama santa parama pitaa
Paripurna param aanandaa (refrain)

O Perfect and Exalted Saint, Supreme
Father,
Complete within Yourself — blissfully
sublime.

Parihara bhava dukhaa, pratipaala kara
mujhe
Parama pavitra paraatita guna
samudraa
Dev aamrita bodhaa (1)

You remove the suffering of earthly
existence; please care for me and give
me your protection.

Peerless and undefiled, You dwell
beyond the reach of delusion, O Ocean
of All Virtues.

Grant me the immortal Nectar of
Divine Knowledge.

Charana sannidha raakha mujhe,
karunaakara karunaamay
Agyaan aavarnaa, sugya gunaa hinaa
Magna maayaa malinaa, mahaa murkha
mugdhaa
Kara paapa dagdhaa (2)

Keep me close to Your lotus feet, O
Form of Mercy, full of grace.
Shrouded in the veil of
unconsciousness, I am devoid of all
wisdom.

Absorbed in Maya I am defiled; I am a
fool, stark blind in ignorance.

Please reduce my sins to ashes.

Sarva saakshi, sarva rakshi, sarvaatita
sarveshaa

Nirvaana rupaa, nija niralepaa, kara
kripaa

Kripaalu sahaayaka sadaa

Dayaa rasa sudhaa (3)

You are the witness of all; You are the
protector of all; transcending all, You
are the King of Kings.

O Form of Bliss, true and untainted,
bestow mercy upon me.

You are the Gracious Helper
forevermore,

Distributing the divine Nectar of
Wisdom.

Laksha alaksha ati sukshma, aparoksha
paraat paraa
Kuksha apni rakshna kini, bhaksha
kaala mukha maayaa phandaa
Le gyana kharaga chedaa (4)

The Unmanifest-Manifested, The
Subtlest of the Subtle; immanent in all,
you dwell beyond all concern and care.
Rescue the child of your womb. I have
become the food of Kal; I am trapped
in Maya's snare.
Take up the Sword of Wisdom and
severe my bonds.

Somanaatha dina anaatha, hina jaana
rakshiye
Bhaanu prakaashaa agyaana naashaa,
sugya subodha sadaa sarvadaa
Sahaj aanandaa (5)

Somanath says, O Lord of the lowly,
care for the ignorant ones.

Your Ray of Light banishes the
darkness of ignorance.

You are All-Knowing, All-Wisdom, Ever-
Existent,

Dwelling in the State of Blissful
Natural Equipoise.

04 Sataguru Kaa Dhyaana Dhaaro

Sataguru kaa dhyaana dhaaro
Chitta nainana thamaai (refrain)

Contemplate on the Satguru;
Fix your attention at the third eye.

Mithya kalpanaa taaro, dvaita duramati
duraai

Shake off this false dream; remove
duality and evil propensities from your
within.

Bhrumadhye guru bithaao, bhrama
bhaava dura hataao
Svaasa man eka kara uthaao, drishti
sahita jamaai (1)

Enthroned the Guru between the two
eyebrows and leave falsehood behind.
When the mind and breath become
one (when the attention becomes
focused), you rise up to the seat of the
soul. There become absorbed in your
inner seeing faculty.

Yeha vidhi dhyaana dhaaranaa, mita
jaaya janama maranaa
Shata karma saba choranaa, phokata
kashta uthaaii (2)

Following this method perfect your
contemplation; the cycle of births and
deaths will be finished off.

Give up the shat karam (the six
purificatory practices of hatha yoga);
you will gain no spiritual benefit from
them and are only wasting your
energy.

Kamatha drishti tuma dhaaro, aatha hi
prahara nihaaro
Chaaha cheshtaa nikaaro, ishta guru
laulaai (3)

Adopt the gaze of the tortoise (who hatches her eggs through her attention); contemplate through all the eight watches of the day.

Discard desires and assertion; lose yourself in adoration of the beloved Guru.

Divya guru murti prakaashaa, bhai
andhakaara naasaa

Chandrodaya jasa nisaa, agyaana
bhrama nasaai (4)

The Divine Guru is the radiant form of Light: He banishes all darkness.

Just like the moon rising in the night sky, He drives away the illusion of ignorance.

Shabda anahada dhaara, aavata upari
taara

Sataguru satta saara, tada rup samaai
(5)

The stream of the limitless Shabd
descends from above like a lifeline.
The Satguru is True, the Essence of all
that exists; become absorbed in His
divine form.

Somanaatha kara guru dhyaanaa,
anubhava sahita pramaanaa
Pala me maayaa nasaanaa, jyota me
jyota milaai (6)

Somanath says, do the dhyan of the
Guru, see the Truth with your own
eyes.

In the blink of an eye Maya is destroyed, and the light (of the soul) merges into the Divine Light (of Shabd).

05 Dhyaana Dhaarana Kijai Saadhu

Dhyaana dhaaranaa kijai saadhu
Dhyaana dhaarana kijai (refrain)

Fix the Guru's dhyān in your heart, O Sadhu.

Fix the Guru's dhyān in your heart.

Saavadhaana Sataguru hi bhaje
Mano kaamanaa sabahii taje (1)

Contemplate on the Satguru without wavering.

Renounce all desires of the mind.

Dekhata jaise chandra chakoraa,
Chaataka pakshi svaati dhaaraa
Raatram divasa ratata apaaraa (2)

Fix your attention on His form as the
moonbird gazes at the moon.
Yearn for Him as the as the rainbird
thirsts for the svati raindrops.
Night and day repeat His Name
without ceasing.

Jaise jaal machali kar nehaa,
Bichalita kabahu na hoya bigoyaa
Sneha na chute chute dehaa (3)

Be like the fish that is enamored of the
water.

Without the water it writhes in the
torment of separation;
Even if the fish leaves the body, it
never abandons its love.

Jaise jyoti dekha patangaa
Praana taje para taje na sangaa
Koi kitanohi kare atangaa (4)

Be like the moth that is spellbound by
the light.

It will sacrifice its life but will never
give up the company of the flame,
No matter how much you may try to
turn it away.

Dhyaatru dhyaana dheya vhai rahiye
Netra dve madhye nirakhata rahiye
Gaatra sudha saba bisaraiye (5)

The contemplator, the contemplation,
and the object of contemplation
should all become one.

Rivet your attention at the still point
between the two eyes;
Forget all awareness of the body.

Kara Somanatha sataguru kaa
dhyaana

Aura pramaana na man me aana
Jate hoya Sataloka payaana (6)

Somanath says, contemplate on the
Satguru.

In this way alone will you experience
the Reality,
And your soul will soar to Sat Lok, the
Realm of Truth.

06 Japale Naam Nisa Dina

Japale Naam nisa dina, aayu bitaa rahi
hai (refrain)

Repeat the Naam day and night
because your life is passing away.

Pala pala svaasaa chije, mrityu najikaa
rahi hai

With every moment your breaths are
diminishing; death is coming near.

Satasanga dhaara nitya, sadavichaara
kara satya

Chorda maayaa asatya, ina me saar
nahi hai (1)

Attending the Satsang regularly,
anchor your thoughts in Truth.
Abandon the falseness of Maya; there
is no Reality in it.

Jaise mriga jala aage, dekha pyaasaa
bhaage
Jala haatha na laage, maayaa lubhaa
rahi hai (2)

When the deer spies a mirage, it rushes
to quench its thirst.
But the deer finds no water there; in
the same way, Maya entices the jivas.

Kaala baraa anyaaai, maayaa moha jiva
phasaai

Anta aapa chabaai, pesha na kaahu
chali hai (3)

Kal is cruel and unjust; he ensnares the
jivas through attachment to Maya.
In the end, he devours them; at that
time, no one comes to their aide.

Lage sataguru sharanaa, mite janama
maranaa

Kate kaala bandhanaa, maayaa
pachataa rahi hai (4)

Take hold of the Satguru's protection,
then your cycle of births and deaths
will be finished off.

The bonds of Kal are severed, while
Maya weeps and laments.

Ratata rahe nita naama hi naamaa, kura
kutila taja kaamaa
Jaate paay bisaraamaa, punara janama
nahi hai (5)

Constantly repeat Naam and Naam
alone; renounce the false and wicked
deeds.
Then you will find rest; you will not
take birth again.

Somanaatha kar guru sangaa, mite
maayaa bhava bhangaa
Kaala jaala te apangaa, ranga naama
charhii hai (6)

Somanath says, “Keep the company of
the Guru; He will destroy your illusion
and attachment to this world.

The Guru will liberate you from the trap of Kal and will dye you in the true color of Naam.”

07 Karale Bhajana Bande

Karale bhajana bande, sataguru hoyā
sahaai (refrain)

O man, do the meditation; the Satguru
will be your support.

Dharale dhyaana guru kaa, maayaa
phanda nasaai

Contemplate on the Guru, and sever
the noose of Maya.

Maanushya janama amolaa, dhenu
kaama sam milaa
Rahanaa chanda dina melaa, akhira
khaali jaai (1)

The human birth is priceless, like Kam
Dhenu, the wish-granting cow.
The earthy life is a fair of a few days
only; in the end, we leave empty-
handed.

Che sau hazaar ekisaa, chale dinaraata
swaasaa
Pala pala aayu naasaa, jisa kaa sumaara
naahi (2)

In 24 hours, we draw 21,600 breaths.
With every second that passes, our
allotted lifespan is dwindling, but we

do not fill these precious moments
with the Simran of the Lord.

Agyaana maayaa jangal, duraguna kare
hai dangal
Luta leta dhana maala, bacha kara koi
na jaai (3)

The ignorance and illusion of Maya are
like a dense jungle; in the arena of this
world we do the darkest deeds.
We go on plundering and stealing the
wealth of others, but in the end,
nothing goes with us.

Taate sumirana naama, karale aatho
jaama
Jaate paay bisaraama, phira janama na
hoi (4)

Therefore, do the Simran of Naam, all
the eight watches of the day.
Then you will find peace and bliss; you
will not have to take birth again.

Jaise machali niraa, chaatraka aur
chandraa
Jasa kamala bhanvaraa, sugandha me
lubhaai (5)

Love the Guru as the fish loves the
water, as the moonbird adores the
moon,
As the black bee is enchanted by the
fragrance of the lotus blossom.

Sataguru aaye jaga taaran, bhava me
jiva ubaaran

Somanaatha lag charanan, bhava paara
karaai (6)

The Satguru has come as the Savior of
the World; He ferries the jivas across
the ocean of existence.

Somanath says, "Become absorbed in
His lotus feet; He will take you to the
other shore."

08 Sataguru Kaa Naama Sumiro

Sataguru kaa naama sumiro,
Bara bhaag se paaye (refrain)

Remember the Naam of the Satguru.

It is acquired only through great good fortune.

Nita nema hriday dhaaro, bhava paara
taraaye

Contemplate on the Naam in your heart without wavering; sail across the ocean of existence and reach the other shore.

Aashaa se mana ko hataao, chita
chetan me bithaao
Sata naama dhuna lutao, jyaate
bandhan nasaaye (1)

Remove all desires from your mind; fix your attention on the Conscious Power within you.

Plunder the treasure of the Celestial Sound, and cut through the bonds chaining you to this world.

Shila santosha dhaaro, kshmaa satta bichaaro

Mula naama uchaaro, tana mana eka karaaye (2)

Cultivate continence and contentment; keep your thoughts anchored in truth and forgiveness.

Repeat the mul mantra (Simran) of the Naam; unite the body and mind (rise above body consciousness).

Dhuna me dhyaana lagao, tana mana sudha bisaraao

Aapa me aapa samaao, sahaja
samaadha lagaaye (3)

Contemplate on the Inner Sound till all
awareness of body and mind is
forgotten.

Become absorbed in your true inner
Self and enter into the state of Sahaj
Samadhi (Natural Equipoise)

Anahada baajaa baaje, bina taala sura
na saaje
Amrita dhaara bhije, bhaaja maayaa
nasaaye (4)

The Limitless Inner Sound is ringing
within you, without the aid of rhythm,
or melody, or instruments.

The stream of Nectar flows down
destroying illusion and putting Maya to
flight.

Sataguru kripaa kini, satanaama bodha
dini
Mrityu janama nasaani, kaala maara
giraaye (5)

The Satguru has showered His mercy,
and granted the gift of Sat Naam.
The cycle of births and deaths has
come to an end; Kal is thrown down
and defeated.

Somanaatha satta samaaye, chitta guru
charanan laaye
Maayaa mithya bhagaaye, kaayaa
safala karaaye (6)

Somanath says, “Become one with Truth and merge your attention in the Guru’s lotus feet.

Break the magic spell of Maya and make your human birth successful.”

09 Sata Naama Sumira Nara Baavare

Sata Naama sumira nara baavare
Mithya kyon janama gavaai (refrain)

O madman, repeat the Simran of Sat Naam.

Why are you throwing your life away on falsehood?

Chita chanchalataa chore, sataguru
charana lau laai (1)

Forsake this fleeting illusion and merge
your attention in the Satguru's lotus
feet.

Svaasa svaasa kara hausa re, tum kauna
kahaa se aaya re
Kyon maayaa jaala phasaaya re, nikala
na kare upaai (2)

Pursue your ardent quest with every
breath. Who are you? Where have you
come from?
You have become ensnared in the net
of Maya and haven't found the way to
free yourself.

Satanaama bina mile na raai, mithya
karma me kyon phasaai

Chitta se naama japaai, chetana rupa
ho jaai (3)

Without Sat Naam, no one has ever
found the Path to liberation. Why are
you caught up in performing the
useless practices?

With your inner attention repeat the
Naam; become the form of All-
Consciousness.

Ab ki bera bhula mata bhaai, mana ke
kahe me na jaai

Manusha janama nasaai, phira haatha
na aai (4)

O brother, do not waste this precious
opportunity; never follow the dictates
of the mind.

If you throw away the human birth, it
will not come into your hands again.

Yaha mana maayaa baaja, dono bare
nirlajya
Phira phira gande kaaja, jivana deta
bhulaai (5)

Mind and Maya are conjurers; they are
both shameless deceivers.
Again and again, they lure you to
wicked deeds and destroy your life
through their cunning.

Jo koi karana chaahe nija bhakti, chala
bala se lagaave yukti
China men palataaya deti, ghaata
apana lagaai (6)

If you set out on the Path of true bhakti, they muster all their forces of falsehood.

Mind and Maya lurk in ambush, and in the twinkling of an eye, they hurl you down.

Koi eka suraa baache, naama adhaara
ina jaache
Ina te mu phere paache, saacha naama
lau laai (7)

Only a rare brave one escapes them,
imploring the support of Shabd.
Turning your back on mind and Maya,
unite your love with the True Naam.

Somanaatha sataguru sharanaa, dhuna
naama rahe lau linaa

Man maayaa pachhataanaa, bhava paar
taraai (8)

Somanath says, "Go into the refuge of
the Satguru; remain absorbed in His
Divine Melody.

Mind and Maya will bemoan their loss,
as you swim safely across the ocean of
this world.

10 Kyon Dagamagaanta Baavaree.

Kyon dagamagaanta baavare, mana
paga thaama thira re (refrain)

O crazy one, why are you wavering and
wobbling.

Place your foot on the mind, and bring
it to a standstill.

Tagamaga trishnaa tyaaga re, lagabaga
dhara guru dhyaana re

Stop twisting and thrashing in the fire
of desire;

Rivet your attention within, and
contemplate on the Guru.

Chala bala apanaa choro, khalabala
naataa toro

Bala balahina hoya guru joro, tana
taalu me jaaya re (1)

Surrender your reliance on force and
fraud; detach yourself from the clamor
and commotion of worldly relations.
The weak and helpless gain strength by
taking the Guru's support; through His
mercy the soul rises above the body.

Lagabaga karale kaama re, tyaaga
maayaa bhoga re
Roga soga bahuta ghanere, jaga raaga
leya ghera re (2)

Complete this work now, renounce the
indulgences of Maya.
Otherwise you will suffer much
sickness and sorrow; love for the world
will encircle you and take you captive.

Taraparaata jyon jala bina minaa,
kharakharaata raata aur dinaa
Chirachiraata harakaayaa svaanaa,
bharaka bharaka jala jaata re (3)

You are writhing like the fish out of water, floundering about day and night.

You are barking and howling like a mad dog, flaring up in anger.

Khasara pasara tu chora re, basara guru
prema men kara re

Nashvara yeha sansaara re, tasvira jyon
naasha re (4)

You have been shuffling about
aimlessly here and there; now, make
your Home in the Guru's Love.

This world is destructible; it will
dissolve like a picture drawn on paper.

Talapa taamasa chora re, nahin to
bilapa bilapa mara jaaya re

Khalaka aashaa tora re, palaka palaka
bhaja naama re (5)

Shed the darkness of ignorance and
inertia; otherwise, you will die weeping
and moaning.

Break the desires of the world;
meditate on Naam each and every
moment.

Jaise jota patangaa, dekha hota
naapanga

Jara jaata ati utangaa, taise jiva bhava
bhanga re (6)

The moth gives up its body, seeing the
lighted lamp.

It burns in the flame and achieves a
high status; in like manner, the jivas

should sever all ties with this material world.

Somanaatha bhaja naama prabhaata,
prema sahita dhaara guru murta,
Kaama apana bana jaata, dhaama guru
pahunchaata (7)

Somanath says, “In the still, quiet hours of the early dawn, meditate on Naam, and lovingly enshrine the Guru’s form in your heart.

All your work will be accomplished and you will reach the True Abode.”

11 Kyaa Tarka Larhaave Baavare

Kyaa tarka larhaave baavare, vaha to
agama gati hai (refrain)

O madman, why do you wrangle and
debate? His state is beyond
comprehension.

Sthiti na buddhi bichaaraa, antaskarana
pare hai

You cannot understand His greatness
with the intellect; He lies beyond the
domain of the mind.

Tana mana chora abhimaanaa, sunna
me dhyaan lagaanaa

Naama simarana karanaa, svaayam jota
dikhaa rahi hai (1)

Give up your pride of body and mind;
fix your attention within, and
contemplate on the Sunn (Void).
Repeat the Simran of Naam, and
behold the radiance of the Self-
Existing Light.

Aavata dhura se dhvani, anahada
shabad ati jhini
Amrita dhaara bhini, mana mastaa rahi
hai (2)

The Celestial Sound flows down from
Sach Khand; its Unstruck Melody is
indescribably subtle and fine.

The sweet stream of Amrit Nectar
drenches the soul and captivates the
mind.

Aage baala ravi prakaashaa, dekhata
lila ati ulhaasaa
Agyaan timira naasaa, daamana
damakaa rahi hai (3)

Ahead is the Light of the red rising sun,
beholding it the soul is lost in delight.
The darkness of ignorance is dispelled
and lightning flashes across the sky.

Purna chandra ati nirmalaa, randra paar
brahma sthalaa
Kaarana sukshma na sthulaa,
aatmaananda ho rahi hai (4)

Here the full moon shines without stain, and the soul passes through the gateway into Par Brahm.
Beyond the regions of physical, astral and causal, the soul merges into bliss.

Mahaa sunna maidaanaa, gupta chaara
dvipa sthaanaa
Jo pahunche so pramaanaa,
kalpanaatita atita hai (5)

Past the vast expanse of Maha Sunn (the Great Void) lies the region of the Four Hidden Islands.
Whoever reaches there experiences the Reality — beyond all imaginings and speculation.

Sveta surya bhanvara gufaa, murali
naada anupaa,
Jaa par sataguru kripaa, sata loka
dikhaa rahi hai (6)

The White Sun, the Whirling Cave —
the matchless sound of the Flute fills
the air.

With the grace of the Sat Guru, the
blessed soul beholds the glory of Sat
Lok.

Sata alakha agamaa, taapara aada
anaamaa
Nija gati raadhaa swaami dhaamaa,
som samaa rahi hai (7)

From the true regions of Alakh and
Agam, the soul is drawn on to the Aad
Anami.

This is the true abode of Radha Swami;
Somanath has merged into this state.

12 Satasang Nitya Hi Dhaaro

Satasanga nitya hi dhaaro, chitta
chetan lagaai (refrain)

Always remain in the Satsang, fix your
attention in the All-Conscious Power
within.

Mithya bhrama bhaava taaro, sata
shabda raho samaai
Remove all feeling of illusion and
falsehood; remain absorbed in the True
Shabd.

Jasa sunaara garhe daginaa, jora
tukare banaave naginaa
Sata saara vaakya binaa, hridaya deva
jamaai (1)

The goldsmith creates a dagina — an
ornate necklace — bringing together
pieces of gold and gemstones.
In the same way, collect all the true
and precious words uttered in the
Satsang, and treasure them in your
heart.

Nirmala angithi lagaavo, karma koyalaa
jalaavo
Naama sumirana shilagaavo, dhunaagni
deva chitaai (2)

Take the crucible of purity; ignite the
coals of karma,

Keep them smoldering with the Simran
of Naam; enkindle the fire of the
Celestial Sound.

Baara baara phunka maaro, bujha na
paaya samhaaro
Guru dhyaana sadaahi dhaaro, tana
mana ek karaai (3)

Blow up that fire again and again with
the bellows, taking care it is not
extinguished.

Always keep your attention riveted in
the contemplation of the Guru; make
the body and mind one.

Dhyaana dhaarana dhaaro, vishwaasa
sonaa gaaro

Unamana musa dharo, lagana lau lagaai
(4)

Keeping your contemplation fixed,
melt the gold of faith.
Mix mercury with the gold, just as the
soul merges into the Divine; pour in
the regent of love.

Airana dhairya gaaro, ekataa eka taara
oro
Gagana antara charo, vihanga maarga
milaai (5)

Take the anvil of patience, and beat the
fragments into one shining strip of
gold.
Rising into the Inner Sky, fly upward on
the Vihanga Marg (Path of the Bird).

Somanaatha guru sahaai, nisa dina
charana lava laai
Yaha bidha dagina banaani, janama
saphala karaai (6)

Somanath says, "Take the support of
the Guru. Day and night fix your love in
His lotus feet.
In this way, fashion the precious
necklace of devotion and make your
human birth successful."

13 Hansa Gati Tuma Dhaaro

Hansa gati tuma dhaaro, kshira nira
kara nyaaro (refrain)

Become like the swan, and separate
milk from the water.

Jara chetana granthi bichaaro, mithya
maayaa moha taro

Untie the knot that binds
unconsciousness to consciousness;
discard the falsehood of illusion and
attachment.

Satasanga sata vaakaya dhaaro, tatta
ghiiwa nikaaro
Asaara chaara gaho saaro, jaate hoye
vistaaro (1)

Keep the true sayings of the Satsang in
your heart, just like you extract the
ghee from the milk.
Give up the unreal and take hold of the
Real; rise into Universal Consciousness.

Jaise maakhi madhi, chuse pushpa
sugandhi
Sangrah kare naanaa vidhi, kusuma
satva nikaaro (2)

Be like the bee who sucks the nectar
from the fragrant flowers.
Choosing from everything in the
garden, the bee sips only the flower's
true essence.

Jaise dadhi matha kaare ghritha, taise
mana matha shodhe surta
Dhuna me dhyaana dhare nirata, baaje
shabda jhankaaro (3)

Just as you churn ghee from the
yogurt, in the same way purify your

soul and steer it away from the path of the mind.

Focus your soul with your nirat (seeing faculty) and become absorbed in the Dhun; you will hear the Shabd resounding.

Shabda shabda karo khojaa, saara
shabda ati chaujaa
Mile sataguru maujaa, sata loka
sidhaaro (4)

Search ceaselessly to find the Inner Sound, the ravishing beauty of the True Shabd is beyond compare.

Become merged in the Will of the Satguru, and make your home in Sat Lok.

Somanaatha sataguru kaa daasaa,
sadaa rahe charana ki aasaa
Sata Naama svaaso svaasaa, japa kara
bhaye nyaaro (5)

Somanath, the servant of the Satguru,
says, "Go on longing for His lotus feet
day and night.

Remember the True Naam with every
breath. Repeating Sat Naam, you will
become free from this mortal world."

14 Mana Ki Gati Agama Apaaraa

Mana ki gati agama apaaraa, tino loka
mana hi pasaaraa (refrain)

The scope of the mind is
incomprehensible and beyond

reckoning; the vastness of the three worlds is the creation of the mind.

Brahmaa, Vishnu, aara Mahaadevaa,
devi, devaa, yaksha, gandharvaa
Rishi, muni, gyaani, yogi, maanavaa,
Sanaka, Sandandan, paancho
Paandavaa
Mana hi daryo dasa autaraa (1)

The mind has incarnated as Brahma, Vishnu and Shiva; the gods and goddesses; the demi-gods and celestial musicians.

The mind took the form of the rishis, munis, gyanis, and yogis – all of humankind.

It came as Sanaka, Sanandan 1, the five Pandavas; the ten avatars were all incarnations of the mind.

Mana hi Veda, Shaastra, Puraanaa; japa,
tapa, tiratha, saadha saadhanaa
Kapi, Maaruta, aura Raama, Raavana;
Dhruva, Prahlada, aura Vibhishanaa
Mana hi bhakta rupa anekaana dhaaraa
(2)

The mind created the Vedas, Shastras,
Puranas, repetitions, austerities, and
the practices of the sadhus.
Hanuman, Marut 2, Rama and Ravana,
Dhru, Prahlada and Vibhishana 3.
The mind has taken on the form of
countless devotees.

Mana hi Sati, Satya, Saavitraa;
Kaushalyaa Mandodari Sumitraa

Rishi Yagyavalakalya, Stri Maitraa;
Draupadi, Sitaa, Devi Paarvataa
Mana hi sati hoya pativrata dhaaraa (3)

The mind has come as Sati 4, Satyaavan
5 and Savitri 6 ; Kaushalya 7, Mandodari
8, and Sumitra 9;

The sage Yajnavalkya 10 and his wife
Maitreyi 11; Draupadi, Sita, the
goddesss Parvati 12.

Becoming the faithful wife, the mind
has burned on the husband's funeral
pyre.

Mana hi sura, vira, sanhaaraa; mana hi
Bhimaarjuna, Yudhishtiraa
Bhishma, Drona, aur Kripaachaaraa;
Indra, chandra, taaraa, aur suraa
Kendra kaarya sab mana hi vichaaraa.
(4)

The mind takes the form of the brave and noble warriors — the great destroyers on the field of battle. The mind became Bhima, Arjuna, and Yudhishtara 13.

Bhisma 14, Drona 15 and Kripacharya 16; Lord Indra, the moon, the stars and the sun.

The whole vast realm of action sprung from the mind alone.

Lakha chauraasi chaaro khaanaa, loka
treya me mana hi samaanaa
Karma kukarma me mana hi
pradhaanaa; samskaara se kare
kriyamaanaa
Jahaa dekho tahaa mana kaa pasaaraa.
(5)

The mind is immanent in the eighty-four lakh species of creation and the four modes of birth 17; the mind permeates the three worlds.

The mind inspires all deeds good and bad; our past impressions have determined the fate karmas of our current life.

Wherever I look, the influence of the mind is spread.

Mana hi ko guru gyaana pramodhe;
dhaara bachana mana kaayaa sodhe
Naam japa, mana hi mana bedhe;
niramala mana lave samaadhe
Saadhaka saadhanaa mano vyauhaaraa
(6)

Mind is delighted by the guru's teachings; obeying the guru's words the body and mind are purified.

The mind does the repetition and penetrates into the secrets of the mind itself; the purified mind carries you into samadhi.

The practices of the sadhus are the dealings of the mind.

Kahaa laga kahun mana ki khyaati,
mana ke maare bana ban jaati
Koi vaayu ahaara kanda mula khaati,
koi bhuke aura nange phirati
Naanaa songa kare aneka prakaaraa.
(7)

What more can I say in praise of the mind? Because of the mind the

devotees go to the forest to do their devotion.

They live on air, and the tubers and roots that they forage; some go about hungry and naked.

They take on countless roles of every description.

Eka upaaya te mana ko maare; charana
dhyaana sataguru ke dhaare
Sata Naama japa nitya uchaare; tat
grahana kara chorde asaare
Chitta se cheta lago dhuna saaraa. (8)

There is only one way to kill the mind;
fix your contemplation in Satguru's
lotus feet.

Day and night go on repeating the True
Name; take hold of the kernel and cast
aside the chaff.

Attach your consciousness to the All-Conscious, Primal Sound Current.

Bhakatana aage binati mori, name
Somanatha dou kar jori
Kisa bele yeha mana kyaa kari; pala me
pataala meru shikhari
Kisa raaste bhaagaa, kaune thauraa. (9)

I make my request before the perfect
Guru;
Somanath bows down, folding both his
hands: "Take the souls beyond the
domain of the mind."
Otherwise, who knows what the mind
may do and when it may attack.
In the blink of an eye it soars from the
nether worlds to Mount Meru, the
peak of Brahmand.

Who can say what byways it may
frequent or where it may lure the
unwary.

15 Mero Mana Kyon Na Bhaje Sata
Naama

Mero mana kyon na bhaje Sata Naama
(refrain)

O my mind, why don't you meditate on
the True Naam.

Patita paavana paapa naashana,
Japa nisidina traya taapa harana
Hoya safala janama (1)

Naam is the purifier of the fallen ones,
the destroyer of sins.

By repeating the Naam day and night,
the three miseries 18 are removed,
And your life becomes successful.

Japo naama, hoya nishkaama,
Nita nema dhaara prema
Nisadina aatho yaama (2)

Repeating the Simran of Naam,
become free of desire.
Constantly maintain love for God in
your heart,
All the hours of the day and night.

Aayu china china, ghate dina dina,
Maayaa khina khina, svaasa bina bina
Khaavata saba jivana (3)

Moment by moment, day by day, your
allotted time is diminishing.
Each and every instant, Maya is
snatching your breaths away,
And your whole lifetime is consumed.

Sthira kara aasana, chora man vaasana
Naama sumirana, rupa me magana
Nainana me chitta thaama (4)

Adopt a fixed posture, and cast off the
cravings of the mind.
Become absorbed in the Simran of
Naam;
Focus your attention at the third eye.

Hoya tadaakaara, aave na baahara
Anahada jhanakaara, naada pukaara
Shabda me hoya befaama (5)

Taking on the form of the Naam,
remain fixed within.

The Limitless Music is resounding; the
Inner Voice is calling.

Merging in the Shabd, become dead to
the world.

Somanaatha bhayo nishchinta
Sataguru santa bataaye jugata
Jaate paaye bisaraama (6)

Somanath says, "Make your heart
tranquil and carefree.

The Sant Satguru has taught you the
method to achieve rest and repose."

16 Mero Mana Kyon Na Sune Dhuna Naama

Mero mana kyon na sune dhuna naama
(refrain)

O my mind, why don't you listen to the
Music of Naam?

Aaana upaasate janama bitaayo
Apno kaama kucha na kiyo
Ina me nahi aaraama (1)

You came vowing to do His devotion,
but you have wasted your life.
You have not done the work you came
to accomplish,
And you have found no peace and
repose.

Aba to chora puraani baana
Satasanga me dharo dhyaana
Jaate hoye kalyaana (2)

Now give up your old ways.
Keep your attention fixed in the
Satsang,
And you will become blessed.

Naama sumirana karate hi rahanaa
Aalasa kara ke soya mata jaanaa
Praatha kaale nita nema (3)

Go on repeating the Simran of Naam.
Don't become lazy and fall asleep.
In the early morning hours, meditate
with regularity.

Yaha mana paaji, nema na dhaari
Bhajana vakta ko devata taari
Karata na apano kaama (4)

This mind is a slacker; it is never
dependable.
When the time for meditation comes, it
tries to sneak away.
It never takes care of its own work.

Jiddha hi kara ke siddha hi honaa
Mana ke haare haara na jaanaa
Jaise suramaa thaame thaama (5)

Be determined and perfect yourself.
Even if the mind defeats you, never
admit defeat.
Be just like the mighty warrior who
stands firm on the battlefield.

Baitha ekaanta dhare dhyaana
Hiraday antara sataguru charana
Kabhi hoya na befaama (6)

Sit in solitude, contemplating within.
Hold the Satguru's lotus feet in your
heart.
Never become careless.

Anahada bani aavata jhini
Taame surata deva jamaani
Mana te hoya alagaana (7)

The melodious strains of the Limitless
Bani reverberate within.
Merge your soul into that sweet music,
And you will become free of the mind.

Somanaatha yaun dhaara mana me
Nema nita se saara dhuna me
Turata mile nija dhaama (8)

Somanath says, "In this way, hold the
Naam within your heart.
Fix your attention in the Sar Shabd
(Primal Sound),
And you will quickly reach your True
Home."

17 Are Mana Meriyaa Kaahe Bhulaanaa

Are mana meriyaa kaahe bhulaanaa
Jagata swapanana jaana pari (refrain)

O my mind why have you forgotten the
reality?
Understand that this world is just a
dream.

Aavata dukha jaavata dukha,
Kabahu na sukha eka ghari (1)

You come suffering and depart
suffering.
You don't know happiness, even for a
moment.

Kara prapancha bahu dhana sancha
Karata kucha na aavata kauri
Putra kalatra bandhu aura bhraata
Maataa pita naari dekhata dauri (2)

Practicing so much trickery and deceit,
you amassed a lot of wealth;
But still, not one penny will go with
you at your end time.

Seeing your dead body, your son, your wife, your brothers, even your mother and father, all run away.

Sansaara asaara saara na jaano
Maara duta yama daalata beri
Mana indri bhoga yahi mahaa sogha
Bhuvanga jasa kaachali chori (3)

This world is an illusion, never understand it as real.
The angels of death will beat you and throw you in chains.
You indulged in the sense pleasures and earned bitter suffering, but nothing goes with you when you leave this world;
Everything is left behind, just like the snake sheds its skin.

Kara guru prema dhaara ura dhyaana
Bhaja satanaama jas charata sirhi
Dhuna dhaara shabda suna hoya
stabdha
Chare taara jasa makari (4)

Have love for the Guru and
contemplate on Him in your heart.
Meditate on Sat Naam, and rise within
just like ascending a staircase.
Listen to the Music of the Shabd;
hearing it, the mind becomes
paralyzed.
Ascend on the lifeline of the Naam,
just like a spider climbs up the thread.

Yaha santa mata dhaara kara jugata
Hoya atanta maayaa pakadi
Bhaja Somanaatha sataguru sidhaanta

Satpada mana jori (5)

Practice the method of Sant Mat.
Subdue Maya, become free of desire.
Somanath says: "Obey the teaching of
the Guru, and merge into the highest
state."

18 Suno Mere Bhaai Karo Upaai

Suno mere bhaai karo upaai, janama
jaata nasaai (refrain)

Listen, my brother, practice the
meditation.
Your life is slipping away.

Naanaa yoni tuma bharamata aayo
Dukha anakana sahata bitaayo

Taubhi samajha na aai (1)

You have wandered through countless
life forms.

You have endured untold suffering.
Still you haven't grasped the Truth.

Garbha vaasa me kiyo karaaraa
Aavata baahara sabhi bisaaraa
Dekha maayaa bhulaai (2)

In the womb, you promised to the Lord
to do His devotion,
But when you came out, you were
drowned in illusion.
Seeing Maya you forgot everything.

Aba tuma guru sharana me aana paro
Sada hi charana dhyaana hiraday dharo

Jaate bandana kataai (3)

Now take refuge in the Satguru.
Always treasure His lotus feet in your
heart;
Then your bonds will be severed.

Naama sumirana karo dina raati
Utha baitho tuma nitya prabhaati
Dhuna me dhyaana lagaai (4)

Do the Simran of Naam day and night.
Wake up and sit for meditation in the
early morning hours.
Merge into the Celestial Music within.

Kaala vikraala mahaa balavaanaa
Bare bare jina kinaa chabainaa
Tuma kyo raho beparavaai (5)

Dreadful Kal is mighty beyond
reckoning;
He has devoured many great devotees.
Why do you remain so unconcerned?

Daro guru se jasa pativrataa naari
Bhaava sahita bhaje pati aagyaadhaari
Pati chora aana na dhyaai (6)

Be true to your Guru just like a faithful
wife;
With love and devotion, she follows
the husband's behests.
If you abandon the Husband (Guru),
you can never achieve one-pointed
concentration.

Somanaatha kara sataguru dhyaanaa

Parama pada kaa yahi nisaanaa
Aapa me aapa samaai (7)

Somanath says, "Contemplate on the
Satguru's form.
You will win the highest status when
you lose yourself in the Almighty
Lord."

19 Kyon Nara Praani Abhi Na Jaani

Kyon nara praani abhi na jaani, gayo
janama bitaani (refrain)

O embodied soul, why have you still
not understood?
Your life is passing by.

Bhora bhayaa shaama aayaa

Kaama tuma ne kachu na kini (1)

The sun rises, the sun sets;
But you have done nothing.

Maayaa jaala daaliya kaala
Vakta na vela khaaya chabaani (2)

Kal has cast the nets of Maya.
He devours the souls; he misses no
opportunity.

Aayu tuma ne kiye karaara
Bhula maayaa ninda sutaani (3)

You came vowing to meditate,
But Maya misled you and lulled you to
sleep.

Hotaa prabhaata pichali rata
Baitha ekaanta naama sumarani (4)

Now the night has passed, and dawn is
breaking.
Sit in solitude, and do the Simran of
Naam.

Nita nema satta prema
Chitta raakha guru charani (5)

Daily, with regularity and true love,
Place your heart at the Guru's lotus
feet.

Antara mukha antahkarana
Laaga naama chintani (6)

Withdraw into your inner mind,
and fix your attention in the Naam.

Antahpura me santa maarga me
Kara nishchinta praveshani (7)

The Saint's Path leads within.
Follow it and become free of care.

Santa daasa somanaatha
Nirantara bhaja naama mani (8)

Somanath is the servant of the Saints,
Unceasingly he sings the Glory of
Naam.

Shaanta hoya sataguru bhaje
Hoya bhava nishchintani (9)

Worshipping the Satguru, you will
achieve peace.
You will become free of worry and
sorrow.

20 Sataguru Bhajale Praani

Sataguru bhajale praani, birathaa
janama bitaani (refrain)

O soul, meditate on the Satguru; you
are passing your life in vain.

Kyaa le aayaa, kyaa le jaayega
Chaar din ki jindagani (1)

What did you bring with you? What will
you take when you go?

Your life is of four days only.

Maataa pitaa suta baandhava naari
Vipata kaala saba hovata nyaari
Tu dekha mana me ajamaani (2)

Mother, father, son, relatives, wife,
At the time of distress (death), they
will all abandon you.
Think carefully about this, and face the
truth.

Jhuthi kaayaa, jhuthi maayaa
Jhutha vyauhaara saba bharamaayaa
Anta gayaa pachataani (3)

The body is false, wealth is false.
The false dealings have misled all the
souls,

And in the end, you leave this world
repenting.

Raajaa ranka sabahi gaye
Tetisa kota deva na rahe
Jo dise so haani (4)

The king and the pauper have both
departed.
The 33 million gods and goddesses did
not remain.
Whatever you see with your eyes will
be destroyed.

Chandra surya nava lakha taara
Nau khanda prithvi saata samudraa
Rahe na vaayu aakaasha agani (5)

The sun, the moon, and the nine lakh
(900,000) stars,
The nine continents and the seven
seas,
The air, the ether and the fire – none of
these are permanent.

Paancha tatva yaha jara mithyaa
Ina me saara nahi hai tathyaa
Asatta maayaa bhulaani (6)

The five elements are composed of
inert matter.
They have no true spiritual essence in
them.
False Maya has made you forget the
Reality.

Aba tuma laago sataguru charanaa

Dina aura raata rahe guru dhyaanaa
Jaate maayaa nasaani (7)

Now you should become attached to
the Satguru's holy feet.
Day and night, live in His
contemplation;
Then, Maya will be destroyed

Svaasa hi svaasa japo satanaama
Khaali svaasa na jaaya nikammaa
Yaha hai mukti nishaani (8)

With every breath, repeat the True
Naam
Don't let even one precious breath go
wasted.
This is the mark of liberation.

Aisaa samaya bahura nahi paihyo
Bahataa paani haatha dhulaiyo
Nahi to phokota janama hiraani (9)

You will not get such an auspicious
time again.

The flowing water of life is running
through your fingers.

If you don't heed this advice, your birth
will be worthless.

Somanaatha para sataguru dayaa
Apane charana me aapa hi laayaa
Nahi to jaata bahaani (10)

O Satguru, you have showered mercy
on Somanath.

You have brought him to Your holy
lotus feet.

Otherwise he would have been washed away in this ocean of life.

21 Jaga Jivana Hai Dina Chaara Kaa

Jaga jivana hai dina chaara kaa (refrain)

This life is of four days only.

Kitane hi aaye, kitne hi gaye
Nahi hisaaba hai kina kaa (1)

How many have come? How many have gone?
Their number cannot be reckoned.

Yogi yati tapi sanyaasi
Sanaka Sanandana Janakaa (2)

The yogis, yatis, 19 tapis, 20 and
sanyasis, 21
Sanaka, Sanandan, 22 and Janakaa. 23

Rishi, muni, gyaani, Jamadaagni,
Yagyavaalkya, Vaalmikaa (3)

The rishis, the munis, the scholars, and
the great sage Jamadagni, 24
Yajnavalkya, 25 and Valmika. 26

Nava naatha chauraasi siddhaa
Lagi na haatha das autaarakaa (4)

The nine Naths, 27 the eighty-four
Siddhas, 28
What to speak of the ten Avatars.

Bare bare gaye isa raaha se
Pataa nahi hai kisa kaa (5)

Many great devotees have come and
departed from this world.
What can recount their number?

Lomasha Rishi dirdhaayushi
Ek roma ek kalpakaa (6)

Lomash Rishi had the boon of long life.
One hair of his body was lost at the
end of each kalpa. 29

Unkaa kahi nahi thikaanaa
Tero pataa kahaa kisa hisaaba kaa (7)

But none of them found any
permanent dwelling place in this
creation;
Who knows their count or where they
have gone.

Sataguru dhyaana naama sumirana
Yahi upaaya bachane kaa (8)

Contemplate on the Satguru and
repeat His Naam Simran.
This is the only way to salvation.

Dinanaatha guru charana me
Laga Somanatha huye phara kaa (9)

O Lord of the suffering ones,
Somanath has found refuge at Your
lotus feet.

22 Sumirana Karo Sadaa Dina Raati

Sumirana karo sadaa dina raati
Maanushya janama paaya ke (refrain)

Repeat the Simran unceasingly, day
and night,
After gaining birth in this human body.

Baalapana khelana me gayo
Tarunapana me kaama lubhaayo
Budhepana me kucha na kiyo
Chalaa janama juvaa haara ke (1)

Your childhood was spent in play;
Your youth was wasted in lust;
In your old age, you could do nothing
at all;
Your life passed by, and the gamble
was lost.

Putra kalatara suta aura naari
Mitra kutumbha lagi ati pyaari
Sataguru se na kini yaari

Anta gayaa pachataaya ke (2)

Your sons, your wife, your friends and relations – you lavished your love on all of them.

You didn't form the true friendship with the Satguru,
And in the end, you left this world repenting.

Dhana maala aura mulaka khajaanaa
Yaha saba hai raata kaa svapanaa
Bhora bhaye kachu nahi dikhaanaa
Chalaa saba hi chora ke (3)

Wealth and possessions, kingdoms and treasures,
These are all but a night's dream.
When the dawn breaks, nothing remains to be seen,

And you must depart leaving
everything behind.

Aage dukha bahuta ghaneraa
Yama yaatanaa chauraasi pheraa
Jaakaa varanana vaara na paaraa
Nisa dina kaarhe roya ke (4)

When this human birth goes out of
your hands, you will endure great
misery —

The torments of Yama and the wheel
of 84.

The sufferings in that place are beyond
description;

You will be boiled and deskinning; day
and night you will weep.

Jo kucha bane so abhi banaaye

Aage kucha bana na paaye
Lage sataguru charanana dhaaye
Mana me nischaya dhaara ke (5)

Whatever devotion you intend to do,
finish it now.

When you depart from this world, you
will not be able to do anything.

Contemplate on the lotus feet of the
Satguru.

Control your mind and make it steady.

Somanaatha sataguru kaa daasaa
Naama sumirana svaaso svaasaa
Chora diya aurana ki aasaa
Eka hi sataguru jaana ke (6)

Somanath, the servant of the Satguru,
says:

“Do Simran with each and every
breath.

All other hopes and desires are left
behind,

After meeting with the Peerless
Satguru.”

23 Naama Sumirana Karale Pyaare

Naama sumirana karale pyaare
Nahi to hoya khuwaari (refrain)

O beloved ones, repeat the Simran of
Naam,
Otherwise your life will be spoiled.

Kaama kalpanaa chora jaga se, hoya
raho tuma nyaari

Cast out fantasies of desire from your heart;
Remain detached from this outer world.

Dhyaana guru kaa dhaara tu, jaise
chandra chakoraa
Nirakhata raho nisadina, aatha hi
praharaa
Hoi hai dyaala to kari hai nihaala
Pala me deya ubaari (1)

Contemplate on the Guru as the
moonbird gazes at the moon;
Maintain your watch all the hours of
the day and night.
When He becomes gracious, He
showers His blessing on you,
And in an instant you attain salvation.

Dhru, Pralhaada, Vibhishana, aur
Bhilani Shivari
Ganika Ajaamila jaise paapi naama
anekana taari
Patita paavana naama nirmala
Tuma kyon chale bisaari (2)

Dhru, Prahlad, Vibhishana, 30 and
Bhilni Shivari were saved.
His Naam liberated countless sinners
like Ganika, the prostitute, and Ajamila,
the sinner. 31
The Immaculate Naam is the purifier of
the fallen ones.
Why do you persist in your
forgetfulness?

Nita nema kara prema se, svaasa
svaasa ura dhaari

Chita dvai nainana madhye, sthira kara
samhaari
Dhuna dhadhakaara hotaa jahaa
Ghantaa naada jhanakaari (3)

Constantly meditate with true love;
with each and every breath, cherish the
Naam in your heart.
Fix your attention between the two
eyes; become firm and concentrate
within.
Where the Dhun is resounding,
You will hear the peeling of Celestial
Bells.

Dala sahasra kanvala ke paarachala,
kaala kalaa saba haari
Sthula sukshama kaarana shariraa,
mana na maayaa thahari
Sthaan trikuti brahma langa ke,
Manasarovara naahari (4)

When you travel to the regions beyond the Thousand-Petaled Lotus, the tricks of Kal are all conquered.

Rising above the physical, astral, and causal bodies, neither mind nor Maya remain.

Crossing over Trikuti, the region of Brahma, bathe in the waters of Mansarovar.

Hansa hoya sataloka sidhaare, satta purusha hi nihaare

Nita hota bina dhuna jahaa, satta hi satta pukaare

Bhaja Somanaatha naama niraamaya
Guru prataapa te huye nyaare (5)

The swan-bird of the soul departs for Sat Lok, where it beholds Sat Purush, the True Lord.

The music of the veena reverberates perpetually on the air.

In that Realm, the Truth of Truth calls forth.

Somanath says: "Repeat the Immaculate Naam.

Through the glory of the Guru, you will become free from this world."

24 Naama Mahimaa Koi Na Jaane

Naama mahimaa koi na jaane, soi jaane
guru pyaaraa (refrain)

No one can comprehend the greatness of Naam; only the true lover of the Guru can know it.

Swayam shuddha ati nirmalaa, chuve
amrita dhaaraa

The Self-Existing Lord is Immaculate
and Pristinely Pure; the stream of
Amrit filters down.

Ratana rate papihaa jyon, swaati bunda
tarasaai

Pive pyaalaa soi jo, nisa dina naama lau
lakai

Shanta sadaa satta swarupa me,
Mithya jaga se huye nyaaraa (1)

The thirsty papiha bird cries again and
again, pining for the swati raindrops.
In the same way, the devotees drink
the cooling cup of Amrit, remaining
absorbed in His Love day and night.

Contemplating on His True Form, the soul achieves eternal peace, and becomes free from the illusion of this world.

Naada dwani hovata nisadina, jaise
megha gurjanaa
Suna suna mana hovata magana, jagata
bhaava visarajanaa
Aada naama anaama rupa se.
Bhi pragata eka dhaaraa (2)

Day and night, the Inner Sound echoes forth, like the rumbling of thunder in the monsoon clouds.
Hearing it, the mind becomes absorbed and forgets all awareness of this world. The Nameless took on the form of the Primal Naam, flowing down in an unbroken Stream.

Aagama alakha sataloka swayam, kini
rachanaa saari
Nigamaadika nahi paave paara,
niramala shudha ati pyaari
Akatha kathani kathana pare,
Anta na paave para (3)

The Self-Existing Lord created all the
realms — Agam, Alakh and Sat Lok.
Those exalted heights — where the
Immaculate, Pure, and Supremely
Beloved Lord abides — dwell far
beyond the Vedas and other holy
scriptures.

The Ineffable, Untold Story, lies
beyond all utterance.

How can we conceive of His Beginning
or End?

Raama Raama saba koi kahe, naama
raama na hoi
Naama dwani dhuna hai, saba me
ramaa soi
Santa sataguru bheda bataave
Pancha shabda dhuna dhaaraa (4)

All repeat the mantra, “Rama, Rama,”
but Naam does not reside in the word
“Rama.”

Naam is Transcendent, the Current of
Divine Sound that permeates the
entire creation.

The Sant Satguru reveals to us the
mystery of the five-melodied Sound
Current.

Somanaatha sataguru kripaate,
nirantara bhaje naamaa

Swaasa swaasa hriday jape, turata mile
nija dhaamaa
Aapa me aapa samaaye swarupaa
Punarah janama diye taaraa. (5)

Somanath says: "Through the grace of
the Satguru, praise the glory of the
Naam unendingly.

Repeating the Simran with every
breath, your soul quickly reaches its
Eternal Abode. Merging yourself into
the Primal Lord, you will be liberated
from the bondage of rebirth."

25 Naama Bhajana Me Saba Koi Laage

Naama bhajana me saba koi laage,
naama bheda hai nyaaraa (refrain)

Everyone is engaged in the meditation on Naam, but the real secret of Naam is unique and without parallel.

Naama kaho to anaama svarupaa, koi
kyaa kahe vichaaraa

Outwardly we speak of Naam, but the true Lord is Anami — the Nameless One. How can anyone understand or describe Him?

Naama nirantara dhuna hai, naa varana
naa aksharaa

Om som kaa nahi tikhaanaa, aakaara
ukaaraa naa makaaraa

Saakaara shabda askhara baavana te,
Pare aparam paaraa (1)

Naam is the eternal Sound within. It cannot be captured in words; it cannot be written in letters.

Naam is not found in the mantra of Om Som; 32 it does not reside in the "A" or "U" or "M" of the holy syllable "AUM."

The outer Shabd is contained within the sphere of the 52 letters, but the Inner Shabd lies Beyond the Beyond.

Tana mana dhana arpita jo, guru
charana me laage.

Sunna samaadhi me rahe nisa dina,
aana upaava saba tyaage

Bhajana tela dhaaravata

Tute na eka taaraa (2)

Whoever sacrifices body, mind, and wealth, remains attached to the Guru's holy feet.

Day and night they remain absorbed in
Sunn Samadhi, 33 giving up all other
practices.

Their contemplation is like the oil that
flows in an unbroken stream.

Dhyaana ekaanta me sthira hoye,
banda kare nava dvaaraa
Mana hi mana kara naama smarana,
chitta kare naina na sthira
Aavata dhura se naada dvaani
Sravana kare dakshina dvaaraa (3)

Sitting in solitude, rivet your attention
within and become still. Close the nine
doors of the body.

Repeat the Simran wholeheartedly and
with full attention; withdraw your soul
to the still point between the eyes – do
not let it waver.

The Music of Naam flows down from
Sach Khand.

Listen to the Sound coming from the
right side.

Eka se eka ati surili, hove naada
jhanakaaraa

Ghantaa shankha megha garjanaa, aura
naanaa prakaaraa

Chandra surya taaraa langha ke
Jaave niraguna niraakaaraa (4)

One by one the intensely sweet
melodies begin to unfold — the bell,
the conch, the thunder in the clouds
and many others.

Crossing over the moon, the sun, and
the stars, the soul enters into higher
realms, where form and qualities are
left behind.

Trikuti madhya me kanvala hai, dala
chaara bistaaraa
Veda mula hai aada Brahma, jaate
nikale veda chaaraa
Onkaara kshara bija mula hai
Jaate bhaye pasaaraa (5)

In the center of Trikuti, a lotus spreads
its four petals.

This is the dwelling place of the Primal
Brahm; from this source the four holy
Vedas arise.

This is Region of Kshar 34 where the
strains of Onkar resound; here lie the
roots of the material world and the
seeds of all creation.

Paara brahmaa kaa sthaana hai,
maanasarovara mukaama
Nir bharaa hai nuri mana, majjana
sudha aatama

Baddhaavarana dura hoya taba
Sudha chaitanya labhe saaraa (6)

Then comes the realm of Par Brahm
and the pool of Mansarovar,
Overflowing with the waters of radiant
Light; here the stain of the mind is
scrubbed clean, and the soul emerges
immaculately pure.
The enshrouding veils are cast aside,
and Pure Consciousness dawns.

Aage mahaasunn hai atibhaari timira
maidaanaa
Chaara dwipa hai gupta lupta gahana
te gahanaa
Santa sataguru saara dhaara de
Jivana paara utaaraa (7)

Ahead lies the region of Mahasunn, the vast expanse of dense darkness.

Four islands are hidden in this realm, inconceivable and shrouded in mystery. When the Sant Satguru connects the soul with the True Sound, it speeds across unhindered.

Bhanvara gufaa bhanvara ati sukshama
hai sulaakaa

Vahaa ki sobhaa vahi lakhe, jo sataguru
mile dhura kaa

Sohang mahimaa koi kyaa jaane
Dwipa athaasi hazaaraa (8)

Next comes Bhanvar Gupha, the region of the whirling cave.

Only those whose meeting with the Satguru is written in Sach Khand can behold the splendor of this realm.

Otherwise, who could know the glory
of Sohang and its 88 thousand islands?

Aage hai sataloka satta purusha kaa
thaanaa

Kota ravi chandra prakaasha roma eka
samaanaa

Bina dhuna hovata sadaa

Satta hi sata pukaaraa (9)

Then the soul enters the Realm of Sat
Lok, the abode of the True Lord.

The light of millions of suns and moons
rising together could not equal one
hair on His body.

The strains of the veena (lute) fill the
air, and the Truth of Truths is
proclaimed.

Taapar hai alakha agamaa jyaakaa
gamana hoi

Naama niraamaya nirantera aapa me
aapa samoi
Aada anaama naamatita
Svaami svayam saaraa (10)

Beyond Sat Lok the soul is drawn into
Alakh and Agam.
Holding fast to the Immaculate, Eternal
Naam, the soul is lost in these realms.
Finally, the soul transcends the
manifested Naam and merges into the
Primal, Unmanifested Anami.

Somanaatha sataguru prataape kathi
agama bani
Mati hina ati dina kyaa kathe budhi
apani
Karataa kaarana karana haaraa
Mera sataguru pyaaraa (11)

Somanath says: “Only through the glory of the Satguru can we speak of His incomprehensible Bani. What could an ignorant and lowly one say of his own accord?

He is the Cause, and He is the Doer. My Beloved Satguru is the Creator of all.”

26 Naama Japana Kyon Chora Diyaa

Naama japana kyon chora diyaa, Naama
japana kyon chora diyaa (refrain)

Why have you given up the
remembrance of Naam? Why have you
given up the remembrance of Naam?

Kaama kaamini kabahu na chora

Krodh aagni chintaa daurata ghora
Shila santosha kshamaa chora diyaa (1)

The lustful person never gives up the
beloved.

The fire of anger races like a runaway
horse.

You have renounced continence,
contentment, and forgiveness.

Garv ahankaara vaada bakheraa
Niradayaa bhaava jasa pathara karaa
Dayaa dharma shubha karma chora
diyaa (2)

Pride and vanity embroil you in
wranglings and disputes.

Cruelty makes your heart as hard as
stone.

You have turned your back on mercy,
righteousness, and good deeds.

Khaana paana bhojana kaa sandaa
Ninda me to kumbhakarna se baraa
Aalasa ninda na chora diyaa (3)

You consume food like a young bull.
In sleeping, you outdo Kumbhakarana.
You have not given up laziness and
sloth.

Raaga dvesha me sada hi kharaa
Krodha bhaava jasa kutta dauraa
Saadha sanga saadhana saba chora
diyaa (4)

You always remain entangled in love
and hate.

Rage attacks like a charging dog.
You have abandoned the company of
the sadhus and have left off the
meditation.

Somanaatha guru charana hi pakaraa
Surata shabda mila gagana me charha
Punara janama bhava chora diyaa (5)

Somanath says, "Catch hold of the
Guru's lotus feet.
Connect your soul to the Shabd, and
ascend to the inner regions.
Then you can give up taking birth in
this world."

27 Naama Naama Saba Hi Goharaave

Naama naama saba hi goharaave,
saacha naama kaa bheda na paave
(refrain)

Everyone proclaims — “Naam, Naam,”
but no one discovers the inner secret
of the True Naam.

Varna naama kaa raakha bharosaa
Sharana gaye jaga guru ke paasaa
Bhula bharama me maanushya tana
naasaa (1)

You place your faith in the descriptive
Naam;
You go in the shelter of the worldly
gurus.
You destroy your human body in error
and illusion.

Akshara naama sabhi mila gaave
Niha akshara bheda koi nahi paave
Taate phira phira bhava me aave (2)

The outer Naam can be written in words; the devotees sit together and sing its praise.
But you have not learned the secret of the Unwritten Naam that lies beyond description.
Therefore, you incarnate in this world over and over again.

Akshara anta brahma samaave
Brahma vaacha onkaara kahaave
Onkaara satanaama na hove (3)

Beyond Brahm, outer words have no meaning or existence.
Onkar is the sound of Brahm's domain.

But Sat Naam is not Onkar; the True Name lies beyond all, peerless and without equal.

Aadi naama hai akshaya dhaaraa
Shabd dvani kaa taha bistaaraa
Akshara niha akshara ke paaraa (4)

The Primal Naam is an eternal stream.
Its Sound reverberates throughout the entire creation.
From it has sprung the Realm of Truth that lies far above the regions of Trikuti and Par Brahm.

Aadi naama anaam te aavaa
Agama alakha Sata Loka banaavaa
Naama mahimaa koi jaane na bhevaa
(5)

From the Nameless, the Adi Naam came forth, creating Agam, Alakh, and Sach Khand on its downward journey. The glory of that Naam is beyond description; no one can unlock its secret.

Sata Loka se dhaaraa utari
Sohanga raaranga rupa ko dhaari
Bahu vidhi naanaa rachana rachaari (6)

From Sat Lok the stream sprung forth. Taking the form of Sohang 35 and Rarang 36 it descended. Its countless creations are beyond reckoning.

Taate niche utari dhaaraa
Dhaari Brahma swarupa onkaaraa
Jaate charon veda vistaaraa (7)

Cascading downward the current
flowed on,
Creating Brahma and the sound of
AUM (Onkar).
From this holy place the four Vedas
emerged.

Onkaara te traiya maatraa bhaaye
Akaar ukaara makaara kahaaye
Mila sabala maayaa srishti rachaaye (8)

From AUM three syllables came into
being:
“A” – Akara; “U” – Ukara; and “M” —
Makara.

Drawing strength from the sacred sound, Maya created the material world.

Akshara baavana aura pancha tatvaa
Dhara naanaa rupa maayaa mahetva
Haraliyaa jivana svayam satvaa (9)

The fifty-two letters and the five elements came into being.
Maya put on countless forms; she is supreme.
She enticed the jivas away from the True, Self-Existing One.

Taate jiva bayo adhinaa
Satanaama satapurusha na chinhaa
Mithya maayaa brahma bhulaanaa (10)

In this way, the jivas became enslaved.
They forgot the True Name and the
True Lord;
Maya deluded them, and Brahma led
them astray.

Brahma na hoya jivakaa swami
Yaha hai nija mana sthaai mukaami
Mila maayaa brahma jiva phasaani (11)

Brahma is not the True Lord of the
soul.
His realm is the abode of the nij man —
the causal mind.
Joining forces, Maya and Brahma
ensnared the jivas.

Santa gati ko santa hi jaane

Yaa Sataguru Saawana Singha
pahichaane
Main tucch mati se kari hai bakhaani
(12)

Only the Saints can know the greatness
of the Saints
Or those to whom Satguru Sawan
Singh reveals this mystery.
I am the one of low intellect, but He
has made me exalted.

Somanaatha hai unakara daasaa
Nitya kare ek naam ki aasaa
Santa Sataguru charana bharosaa (13)

The servant Somanath says: "Always
remain absorbed in the devotion of
One True Naam, and fix your faith in
the Sant Satguru's holy feet."

28 Dhaama Dhaama Saba Koi Gaave

Dhaama dhaama saba koi gaave,
saacha dhaam kaa marama na paave
(refrain)

Everyone sings of the Lord's True
Abode, but no one has fathomed its
mystery.

Aada dhaama koi shakti gaave,
Taahi me ashakta rahaave (1)

Some praise the Primal Home,
understanding it as Shakti.
In that way, the jivas remained
enslaved.

Shakti upaasaka aapa kahaave,
Vaahi ko mukati samajhaave (2)

They call themselves devotees of
Shakti, and think they have found the
way to liberation.

Koi Shiva Shakti dono bataave,
Koi purusha prakriti lakhaave (3)

Some worship Shiva and Shakti
together.

Some describe the Lord as the two
principles of Purush and Prakriti. 37

Taahi mukti me dhyaana lagaave,

Dhyeya sabana ka eka hi hote, naam
anekana gaave (4)

They contemplate on these forms to
achieve salvation.

The Naam that is worthy of devotion is
only One; but they seek to praise the
Naam in countless lower forms.

Koi tapa kara apanaa tapa ko dhyaave
Koi tiratha barata bharamaave (5)

Some practice austerities and become
stuck in their own practice.

Some perform pilgrimages and go
astray.

Koi grantha pada artha samajhaave
Koi murata nitya pujaave (6)

Some write learned commentaries on
the holy scriptures.

Some worship the idols with steadfast
devotion.

Koi saraguna guna mana me laave
Koi niraguna me aikya kahaave (7)

Some fix their minds on the Lord of
qualities and forms.

Some conceive of Him as Formless, and
call Him the One without equal.

Vaha to gunaatita beanta bataave
Yaha saba vaakyaa vilaansa buddhi
bharamaave (8)

They say He is Infinite; beyond form
and qualities.

But this is all words, created by a
wanton intellect to mislead the souls.

Koi jahata ajahata laksha lakhaave
Koi pakshapaati apnaa paksha
barhaave (9)

Some seek to understand Him through
intellectual inference. 38
Some zealots take sides and press their
point of view.

Jaise chakshu hina lakari tohaave
Jaba taka tri aksha na khulaave (10)

They are just like a blind man groping
along with a stick;

Until the third eye opens they cannot see the Truth.

Somanaatha sataguru ki dhyaave
Satanaama ko saara bataave (11)

Somanath says, "Contemplate on the
Satguru.
Proclaim the Naam as the True
Essence."

Nitya nirantara nija dhaama kahaave
Aada na anta aapa me aapa samaave
(12)

Unceasingly, without wavering, praise
the True Home of the Lord.
It has no beginning and no end; lose
yourself in that Boundless Ocean.

29 Karama Karama Saba Koi Gaave

Karama karama saba koi gaave, vahi
karma me phira bharamaave (refrain)

Everyone says, "Karma, Karma," but the
law of Karma keeps us all in delusion.

Sangrah hai so sanchita karama
Dhaare janama so praarabdha
dharamaa
Kare so kriyamaana kahaave (1)

Our stored karmas are called sanchit.
Our pralabdh or fate karmas brought
us into this life.

The karmas we are making in this
present birth are kriyaman.

Aagala socha hai agamya karma
Paagala nara chitave subah shaamaa
Yaha hai chaaro karma nikammaa (2)

Our desires for the future create the
agamya karma.

We people are mad; we dwell on karma
from morning to night, but these four
types of karma are useless – they
cannot give us salvation.

Brahma Vishnu sahita Mahaadevaa
Karama kaala vasha bhava me aavaa
Kota taitisa anakana devaa (3)

Brahma, Vishnu and Mahadeva 39
Kal and karma control them all,

Along with the 33 million gods and goddesses.

Dasa autara karma adhinaa
Karma vashaata phira phira janamaa
Sheshaadika nahi jaane mahimaa (4)

The ten avatars are enslaved by karma;
Under the influence of karma they take
birth again and again.
Shesh and the other great gods do not
understand the extent and importance
of the karmic law.

Dharama paalate karama hi hove
Charama chakshute jo jo jove
Bharama bhaava te bahu pachataave
(5)

We pursue the path of dharma because
of the influence from our past karmas.
The eyes of flesh that see the outer
world lead us to illusion, and we
endure great suffering.

Aham vritii hai jaba laga vaasaa
tava laga chute na karama ki phaasaa
Bhoge naanaa yoni pravaasaa (6)

As long as we remain stuck fast in
egotism,
We can never become free from the
noose of karma.
We will have to come over and over
into the countless forms of life.

Jo koi jaave sataguru sharanaa
Dina bhava te bhaakhe karunaa

Satanaama de saba dukha haranaa (7)

Whoever takes refuge in the Satguru,
They humbly plead for His mercy.
Satguru gives them Naam initiation,
and all of their pain and sorrow is
removed.

Binaa naama te jo koi chaahe
Karma kaala kaatana ko dhaaye
Unkaa saadhana nishphala jaaye (8)

If you try to become free of Kal and
karma,
But don't first take Naam from the
Satguru,
Then all your efforts will be in vain.

Somanaatha sataguru kaa daasaa

Naama jape avirala ahainisaa
Yama ko rahe na sansaa (9)

The Satguru's servant Somanath says,
"Day and night, meditate on the Naam
in an unbroken stream.
Then you will become free of the fear
of death."

30 Gyaana Vidhaana Saba Koi Gaavaa

Gyaana vidhaana saba koi gaavaa
Gyaana bheda koi virale yaavaa
(refrain)

Everyone sings of the path of
knowledge.

But only a few rare ones have
discovered the secret of the True
Knowledge.

Niramala gyaana hai nitya svarupaa
Satya swayameva aapa me aapaa
Mithya kadaapi sparsha na lepaa
Gunaatita nirguna nirbhaavaa (1)

Knowledge is pristinely pure, eternal
and unchanging.

True, Self-Existing, complete within
itself.

Falsehood has never touched or
defiled it.

Dwelling beyond the gunas, it is without form or qualities, free from birth and death.

Ravi prakaasha ravi bhinna na hove
Apne bhaava te aapa hi jove
Taapa traya jara mula nasaave
Kupa bhava andha rahana na paave
Dipa svayam svaprakaasha svayamevaa
(2)

Just as the light of the sun is not separate from the sun, so Knowledge is immanent in all, witnessing everything. Knowledge destroys the three miseries and the root of ignorance. The darkness in the well of the world is driven away when the Self-Effulgent lamp of Knowledge sheds its light.

Antara baahara eka pramaanaa
Aadi anta madhe sarva samaanaa
Shaanta sadaa atita apramaanaa
Kartaa karma kartavya na karanaa
Niti nirnaya stusti saba jaga bhaavaa (3)

Divine Knowledge manifests within
and without.

Knowledge permeates all – it is the
beginning, the end and also the
middle.

Eternally equipoised and tranquil;
immeasurable and incomprehensible.
Neither the doer nor the action;
neither the deed nor the act of doing.

Ever-discerning Truth; beyond the
adulation of the world.

Tatvamasī nirṇaya nita gaave
Tomatata asi thaharaave
Koi sata chita ānanda kahaave
Bahu bhaanta bhaati mana dauraave
Nija gyaana niraṇṭara kou na paavaa (4)

Some recite unceasingly: “Tat tvam asi”
— That Thou Art;
Some may express it as: “Tom tat asi.”
Others speak of “Sat-Chit-Ananda”:
Truth, Consciousness, Bliss.
The mind runs after knowledge in so
many forms, in so many ways.

But no one discovers the Original
Primal Knowledge that has no end.

Pancha tatvaatita gyaana tharaave
Koi saakshi kutastha ko gaave
Koi eka brahma dutiyaa nasaave
Koi aham brahmasmi kahaave
Eha to nija mana buddhi vritti bhaavaa
(5)

Some say knowledge lies beyond the
realm of the five elements.
Some praise knowledge as the ever-
present witness of all.
Some praise knowledge as the One
Brahma, the destroyer of duality; and

they proclaim, “Aham Brahm Asmi” — I
am Brahma;
But this thought is only a wave surging
across the intellect of the subtle mind.

Aadi gyaana hai akaha svarupaa
Naada niraamaya niramala rupaa
Naada shakti te traya jaga thaapaa
Apni shakti te aapa alepaa
Aapa hi utpati sthiti laya saba thaavaa
(6)

The Primal Knowledge is Ineffable,
beyond expression.
The Immaculate Naad 40 is the form of
purity.

The Power of the Inner Sound
fashioned the three worlds, but that
Power remains ever untainted and
aloof:
The Creator, Sustainer, and Destroyer
of all the creation.

Somanaatha sataguru kaa dhyaanaa
Kara naada prayaana mana me aanaa
Naada hi naada nirantara jaanaa
Santa dayaa ananta bakhaanaa
Sahaja samaadha gyaana anubhavaa (7)

Somanath contemplates on the True
Guru.
The Celestial Music has captivated his
mind.

Unceasingly, he listens to the Naad and the Naad alone.

By the grace of the Saint, he sings of that blissful state.

Entering into Sahaj Samadhi 41 he has become absorbed in the True Gyan. 42

31 Eka Nirantara Bhaja Re Manaa
Eka nirantara bhaja re manaa, eka
nirantara bhaja re manaa (refrain)

O mind, endlessly meditate on
Oneness; O mind, endlessly meditate
on Oneness.

Eka nirantara bhaja tehi rahanaa,
Dvaita bhaava hiraday nahi laanaa.
Aadi antye madhye ek pramaanaa,

ekahi eka eka me samaanaa. (1)

Always remain in the contemplation of the One Lord.

Never allow duality to enter into your heart.

Oneness manifests throughout the beginning, the end and the middle.
Oneness itself merges into Oneness.

Eka hi Brahma Vishnu Mahaadevaa
Eka hi daanava sura nara devaa
Eka hi kaurava paancho pandava
Das autaar Raama aur Krishnaa (2)

The One encompasses Brahma, Vishnu, and Shiva

The One encompasses the demons, the gods, the demigods and humankind.

The One encompasses the Kauravas
and the Five Pandavas,
The Ten Avatars, Rama, and Krishna.

Eka aadi aatama Paramaatam
Eka hi me huye bare bare mahaatam
Eka hi me Allaa Khudaa Baavaadama
Eka hi me sati yati Shiva Sharanaa (3)

The One is the primal soul and the
Supreme Lord.
In the One resides the many great
mahatmas
In the One resides Allah, Khuda, 43 and
Baba Adam. 44
In the One resides the righteous
women, the anchorites, and the Shiva
Sharanas.

Eka hi me navanaatha chauraasi
siddhaa

Datta Gorakha Jalandhara Machendraa

Eka hi me Vyaasa Vashista Naaradaa

Eka hi me Mahaashesha Naaraayanaa

(4)

In the One resides the nine Naths, the
eighty-four siddhas,

Dattatreya, 45 Gorakh Nath, Jalandhar
and Machendra. 46

In the One resides Vyasa, 47 Vashista,
48 and Narada.

In the One resides the great Shesh Nag
49 and Narayana. 50

Eka hi Sataguru aura Satanaamaa

Eka hi Satapurusha alakha agamaa

Eka aada anta madhye anaamaa

Eka hi eka bhaje saba thaamaa (5)

The One is the Satguru and the True Naam.

The One is Sat Purush, Alakh and Agam.

The One is Anami – beyond the beginning, the end, and the middle.

The One Lord is worshiped and revered in all places.

Somanaatha bhaje eka hi ekaa
Eka kaa kara dhyaana chora anekaa
Eka guru aura naama hi ekaa
Eka dhaara eka me hi samaanaa (6)

Somanath says, “Meditate on the One Lord.

Fix your contemplation on the One and give up the many.

The Guru is One; the Naam is One.

Following the Stream of Oneness,
merge into Oneness.”

32 Chaaturaa Chora Chaturaai

Chaaturaa chora chaturaai,
Kara prita guru se baata bana aai
(refrain)

O clever one, give up your cleverness.
Have love for the Guru, and your work
will be accomplished.

Chaaturaai se kyaa phala paave
Dhaatura baaji nita barhaave
Niti marga se dura rahaave

Mritavata janama jaata nasaai (1)

What can you gain through your own shrewdness?

You are like a datura addict who consumes more every day.

You have strayed away from the path of righteousness, and this ephemeral life is passing by.

Janama anekana dhara dukha paayo

Mana mata apni thaana thanaayo

Jaate chaaro khaana phira aayo

Aapa hi boya aap hi khaayo

Socha bichaara dhaara pachataai (2)

You have come in countless births and have endured great suffering.

You have plunged headlong into the ways of the mind.

You have wandered over and over
through the four modes of birth.
What you yourself have sown, you
must eat.
Think carefully now; repent and mend
your ways.

Milaa amolaka maanushya janamaa
Aba to chora kuchaala kukarmaa
Kalpanika tarka jaata kula dharmaa
Pala pala aayu jaata nikammaa
Sundara janama jaata bigoi (3)

You have received this priceless human
birth.
Now give up your depravity and bad
deeds.
You place your faith in the fantasy of
your own reason; you are attached to

the chimera of caste, creed, and relations.

Moment by moment your life is ebbing away;

Your beautiful human body is being wasted.

Bahu bidhi santa kahe samujhaai

Nitya nema satasanga karaai

To bhi gai na teri chaturaai

Ravi aage jasa diyaa lakhaai

Apne buddhi te aapana kare barhaai

(4)

The Saints explain to us in so many different ways;

Daily they bring us into the Satsang.

But still we cling to our own cleverness.

We show off our puny, little lamp
before the radiant sun — we brag of
our own wisdom and greatness.

Apane mana me socha ekaantaa
Kyon kara chute bhraanti chaturataa
Jo nisa dina lagi hai dhaunki chintaa
Sthira hoya apane mana samajhaai (5)

Now sit in solitude and consider
carefully.
How can you give up your cunning and
guile,
When day and night your mind is
engaged in deceit?
Become still, and make your mind
understand.

Santa sataguru antarayaami

Antara bhaava hridaya saba jaani
Kare kripa kripaalu mahaa svaami
Deya pataa pancha shabda nisaani
Jaate bandana jaata nasaai (6)

The Sant Satguru dwells within all.
He is the knower of everyone's heart.
When the merciful Supreme Lord
showers grace, He grants inner
knowledge and the sign of the five-
sounded Shabd.
Then all the bonds of worldly
attachment are severed.

Somanaatha laga sataguru charanaa
Ananya bhaava sahita rahe dinaa
Guru bina mana me aura na aanaa
Sadaa rahe naama lau linnaa
Punara janama bhava me na hoi (7)

Somanath says, "Take hold of the
Satguru's lotus feet.

With a humble heart, focus your whole
attention on Him.

Let no thought enter your mind except
the beloved Guru.

Remain perpetually absorbed in the
Naam;

Then you will not take birth in this
mortal world again."

33 Kuttaa Aavata Re

Kuttaa aavata re, kubuddhi kuttaa
aavata re (refrain)

The dog is coming; the vicious dog is
coming.

Agyaana anyaayi kuttaa,

Uncha nicha nahi dekhtaa
Bhaave taise bhunkataa (1)

The dog is ignorant and iniquitous.
It has no respect for high or low, but
barks at whoever it pleases.

Kaama rupi kaalaa kuttaa
Krodha bhaava se chirachiraata
Chanchala mana naacha naachataa (2)

The black dog is the form of desire.
Controlled by anger, it is always
howling and growling.
It capers to the tune of the restless
mind.

Saara na jaane sansaari kuttaa
Dhaara ahankaara ghara ghara phirataa

Naari bhavate naraki kuttaa (3)

The worldly dog doesn't know the reality.

Following the ego, it wanders from house to house.

Through lust, it makes its way to hell.

Para nindaa kaa paapi kuttaa

Satya asatya na jaanataa

Saba kaahu ko doshataa (4)

The sinful dog criticizes and backbites.

It sees no difference between truth and untruth.

It finds faults with everybody.

Barabara kare vadaari kutta

Eka baata ko drirha na karataa

Paapa karana na kabhi na darataa (5)

The Vadari 51 dog snarls and yowls like
a madman.

It can't stick to any one job.

It is never ashamed to commit sins.

Chamatkara me chalaaka kutta

Mohata phire so madaari kutta

Riddhi siddhi me bharamata phirataa

(6)

The cunning dog runs after miracles.

Intoxicated in illusion, the Madari 52
dog prowls about.

Lured astray, it chases after the mirage
of supernatural powers.

Sataguru dvaare sohang kuttaa

Charana dhyaana me nisadina rahataa
Satya naama tatolataa (7)

The Sohang dog comes into the
Satguru's shelter.
It contemplates faithfully on its
Master's feet day and night, and seeks
within for the True Name — Sat Naam.

34 Taara Karanaa Re

Taara karanaa re, guru se taranopaaya
sunanaa re (refrain)

O please, send a telegram. I must hear
the message from the Guru.

Taara karanaa dhaara mana me,
Saara shabda vichaara tana me

Paara bhava langhana vidhi (1)

In your mind, send the telegram.
In your body, keep the remembrance
of the Sar Shabd —
The means to cross beyond the
confines of this world 53.

Naama nambara lenaa nitya
Dhyaana sumirana karnaa satya
Snaana nirmala prakaasha madhye (2)

Every day, dial the number of the
Naam.
Do the contemplation and
remembrance of Truth.
Between the two eyes, take a bath in
the Immaculate Light.

Bhaava byaatari hara dama laage
Jiva bhaavanaa saba hi tyaage
Niva namrataa ghanti baaje (3)

Always stay connected to the battery
of God's love, and give up all regard for
the material world.
Ring the signal bell of meekness and
humility.

Gagana mandala langha shravana
dvaara se
Agama avaaja aavata dura se
Nigama maarga me nishchala hoke (4)

Cross over the inner sky through the
door of hearing.

The voice of Agam is coming down
from the Sat Lok.
Become firm on the Path of Truth.

Aisi byaatari lagi hai jina ki
Khabara bhula gai isa jara tana ki
Aba chale na jora mana ki (5)

Connect to such a battery through
which all thought of the material body
is forgotten.
Now the force of the mind ceases to
function.

Somanaatha sataguru hi dhyaave
Naama sumirana taara pathaave
Jyaate guru hoya sahaai (6)

Somanath says, "Contemplate on the Satguru alone.

Send the telegram of Naam Simran.

The Guru will come to your aid."

35 Raajya Lenaa Svaraajya Guru Se

Raajya lenaa svaraajya guru se

Taja maayaa moha re (refrain)

The Guru bestows independence; take up your birthright and caste off attachment to Maya.

Bhaja naama nija tuma,

Satta paraai jaaya re

Constantly remain devoted to the
Naam within.
The alien power will be overthrown. 54

Kaala karma vishaala hai,
Taame jiva bhulaaya re

Kal's realm of karma spreads out
endlessly.
The jivas lose their bearings in the
vastness.

Shila santosha svadharma chora
Para dharma me mana laaya re

Giving up the peace and contentment
of self-rule,
You took up the religion of the mind.

Jaala maayaa phaansa yaha jaga
Jivana kaida karaaya re

This world is trapped in the snare of
Maya.
The jivas have been thrown into prison.

Antahkarana me chinta sthaana
Paarlamenta kahaaya re

The inner mind, the source of thought,
has been named the House of
Parliament.

Tantra maayaa mantri mila yaha
Raajya yantra chalaaya re

Maya the Minister weaves her spells
and carries on the rulership of the
three worlds.

Svatantra satta hara jivana
Apni kaayadaa ladaana re

The independence of the jivas was
crushed.
They were weighed down by
oppression.

Kaama krodha adhikaara paaye
Saadhana sthiti hiraana re

Lust and anger were placed in charge,
and the places of devotion were
demolished.

Mada moha maayaa sabhi mila
Bhaye usa me saamila re

Egotism, attachment and Maya held a
conference.
Together they formed an alliance.

Svaada vishaya bataaya jivana
Kara liye apne gulaama re

They promoted indulgence and
sinfulness among the jivas.
In that way, they made them their
slaves.

Tu bhi chaturaa chaturaai se
Dhatura baaji pahichaana re

Relying on your own cleverness and schemes, you became the users of dhatura. 55

Pitra bhumi sarvatra shreshta
Sata loka ko jaana re

The land of your Father is above all others.
Understand you are descended from the Realm of Truth.

Satya kaayadaa dhara man me
Satyaagrahi tu bana re

Cherish the principles of Truth in your mind, and you will become Satyagrahi – the champion of Truth.

Sata naama japa nitya tu
Mithya maayaa nasaana re

Constantly go on repeating the True
Name.

The falsehood of Maya will be
destroyed.

Chitta sata guru charana me
Prita laaya kara dhyaana re

Fix your attention on the Guru's lotus
feet, and contemplate on His Love.

Sotra naina mukha banda karke
Shabda svaraajya ko paaya re

By closing off the ears, the eyes, and
the mouth, you will win the
independence of the Shabd.

Somanaatha sataguru kripaate
Kiyo maayaa kaayadaa bhanga re

By the Grace of the Satguru, Somanath
destroyed the rule of Maya.

Kaala karma saba tora ke
Hoya gayo apanga re

The karmas of Kal were destroyed, and
the Soul has gone free.

Changa baanda asanga maayaa te
Naama ranga men ranga re

Released from the talons of Maya,
He is dyed in the deep, True Color of
Naam.

36 Kaata Re Charakhaa Kaata Re

Kaata re charakhaa kaata re
Kaata re charakhaa kaata re (refrain)

Turn, O spinning wheel, turn.
Turn, O spinning wheel, turn.

Kaata charakhaa biti raata
Utha baitha prabhaata re (1)

The spinning wheel is turning, 56 and
the night passes by;

In the early morning hours, rise and sit
in remembrance of the Lord.

Kaama kapaasi ghaama daare
Nema danda le maara re (2)
Bina biyaa hina guna saba
Prema baati bataava re (3)

Take the cotton of desire and spread it
in the sunshine.
Beat it with the stick of regularity.
Take the cotton of desire and spread it
in the sunshine.
Beat it with the stick of regularity.
Pick out the seeds of bad qualities;
Twist the cotton tuft of love. 57

Nema aasana naama sumirana
Dhyaana sunna me dhaara re (4)

Shabda ki dora lagaave tara
Tuta na jaaya hushiyaara re (5)

Sit regularly without moving, and
repeat the Simran of Naam.
Fix your attention in the Sunn. 58
Attach the cotton tuft to string of
Shabd; 59
Be careful that the strand (attention)
does not break.

Suta surata dhaara nirata
Mile guru julahaaye re (6)
Shabda taanaa shabda baanaa
Shabda satya gyaana re (7)

The spun thread of the surat (hearing
faculty) collects on the spindle
of nirat (seeing faculty)

And comes into the hand of the Master
Weaver – the Guru.

Shabd is the stretched weft. Shabd is
the warp that fills it.

Shabd is the True Knowledge.

Satya kaparaa orhe nitya

Mrityu bhaya nahi taahi re (8)

Soma chaadara saama ehi bidhi

Prema guru charana laaye re (9)

Daily put on the cloth of Truth;

Then death cannot come near you.

Somanath says: “In this way the fine
cloth is woven.

Offer your love at the Guru’s lotus
feet.”

37 Isa Tana Kaa Kucha Nahi Barosaa

Isa tana kaa kucha nahi barosaa
China me chora chala yaha hansaa
(refrain)

Do not put your faith in this body;
In an instant, the swan bird of the soul
may fly away.

Kyaa raajaa aura raanaa
Kaayama koi nahi rahinaa
Kyaa sonaaa kyaa rupaa gahanaa
Chora kiyaa jangala baasaa (1)

Whether you are a king or a pauper,
No one remains here forever.
It makes no difference whether you
cover yourself in gold, silver, and
jeweled ornaments

Or if you renounce them all and run away to the forest.

Mai meri me janama bitaayo
Kara vishayana ki aasaa
Khaana paana me gayo dina bita
Sovana me gayo raata
Hasata maayaa dekha khushi se
Hamaaro mehamaan khaasaa (2)

You pass your life caught up “I and mine.”
You long for the worldly pleasures.
Your days are passed in eating and drinking, and your nights are wasted in sleep.
Seeing this, Maya laughs and is happy:
“You are my special guest,” she says.

Aisa sundara maanushya janmaa
Devatana kare aasaa
Bare bhaaga se mile shariraa
Kaata chauraasi pheraa
Vrithaa kyon gamaave ganvaaraa
Hara bhajale svaaso svaasa (3)

Even the gods and goddesses long for
this beautiful human birth.

With great good fortune you have
gotten this body;

Now cease revolving in the wheel of
eighty-four.

Why are you throwing this opportunity
away in useless pursuits?

You should meditate on the Lord with
every single breath.

Kaayaa kalpataru miliyaa tujha ko
Kanchana khaani jaisaa

Jo iche so phala paave
Nishphala kabhi na jaave
Sataguru charana me chita ko laave
Kate kaala phaansaa (4)

This body is the wish-granting tree that
has been given to you.
It is like a mine full of gold.
Whatever you wish for you will receive;
No desire goes unfulfilled.
Attach your consciousness to the
Satguru's holy feet and cut the noose
of Kal.

Deha dhare kaa yahi safalataa
Karena aana ki aasaa
Somanaatha sataguru kaa daasaa
Nisadina dhyaana nidhi dhyaasaa
Sadaa rahe satanaama me vaasaa
Mita gai maayaa sansaa (5)

Taking up the human body, make your
life successful;

Long only for the Almighty Lord.

Somanath, the servant of the Satguru
says:

“Yearning for the inner treasure,
contemplate on the Guru day and
night.

Always remain in the shelter of the
True Name,

And destroy the doubt of Maya.”

38 Isa Kaayaa Me Kauna Bolataa

Isa kaayaa men kauna bolataa
Khoja karo tuma gyaani (refrain)

Who is speaking within this body?

Search for that Power, O gyani (wise one).

Bola na bole pavana na paani
Aakaasha prithvi naahi aagani
Paancha tatva jara nishaani
Kisa se nikali baani (1)

The air and the water are not calling,
nor the ether, earth or fire.
The five elements are unconscious and
inert.
So where is that Sound coming from?

Paraa basanti madhyama vaikhari
Deha sambandha vaani ehachaari
Mano buddhi agochari
Sudha niramala aada dwani (2)

It does not arise from the rectum,
navel, heart or throat centers.
Those four sounds are arise within the
physical body only.
But the Pure, Immaculate, Primal
Sound lies far beyond the reach of
mind and intellect.

Sthula shukshma na kaarana dehaa
Jaagrata swapna shushupti na maayaa
Ardha urdha na chaayaa
Koi na lagata nishaani (3)

That Sound does not originate in the
physical, astral or causal bodies.
It is not coming from the states of
wakefulness, sleep, or dream. It is
untouched by Maya.

It does not come from above; it does
not come from below; it casts no
shadow upon the earth.
No one can catch a glimpse of it.

Ota prota bharaa bharapuraa
Shveta sunna na chaatraka chandraa
Ucha nicha na kendra
Aapa me aapa samaani (4)

That Sound permeates through and
through; it fills the whole of creation.
It does not arise from the White Void;
it is not the song of the rainbird
longing for the swati drops or the
moonbird crying for the moon.
It is neither high nor low nor in the
middle.
It is Self-Existing — complete within
Itself.

Aparampaara baje dina raati
Aavata jaata na jaagata soti
Antara baahara eko riti
Prema samudra bharaani (5)

It is the infinite Sound Current
resounding day and night.
It neither comes nor goes; it is not
awake or asleep.
It is the same Power — within and
without.
It is an ocean full of Love.

Santa satguru shabda svarupaa
Shabda mantra deve jiva anupaa
Somanatha para kara kripaa
Bhava paara taraani (6)

The Sant Satguru is the embodiment of Shabd.

He initiates the jivas into the Transcendental Shabd.

Showering His grace upon Somanath,
He ferried him across the Ocean of Existence.

39 Kaayaa Kanchana Nagari

Kaayaa kanchana nagari
Akhuta bhare bhandaraa (refrain)

This human body is a city of gold, a
storehouse filled with inexhaustible
treasure.

Kaayaa me hai anaam agamaa

Sata purusha aura sata hi naamaa
Yaahi men sataguru darabaaraa (1)

The regions of Anami 60 and Agam 61
are housed in this body, along with the
True Lord and His True Naam.
In this body resides the Satguru's
Exalted Court.

Jota niranjana kaala mahaa kaalaa
Brahmaa vishnu devana melaa
Chandra surya aura taaraa (2)

The Untainted Light, Kal, and Maha Kal,
Brahma, Vishnu, and the congregation
of the gods,
The moon, the sun, and the stars.

Sunna mahaa sunna aura brahmaandaa

Anda pinda aura prithvi nau khandaa
Kaayaa madhye dasa autaraa (3)

The Void, the Great Void, the creation
of three worlds,
The astral and the physical realms, the
nine continents of the world,
All are located in the human body,
even the ten avatars. 62

Pancha tatva aura maayaa trigunaa
Dhara dhara rupa aneko naanaa
Isa kaayaa se bhaaye vistaaraa (4)

From the five elements, the three-fold
Maya takes on countless bodies.
From this human body, the whole
expanse of creation spreads out.

Paraa basanti madhyam vaikhari baani
Varnaatmaka dhunaatmaka dvani
Naanaa mantra uchaaraa (5)

The sounds of para, pashyanti,
madyama and vaikhari arise from the
body. 63

The varanatmak (descriptive) Naam is
written and spoken, but the
dhunatmak (Sound Current) Naam
reverberates within.

Outwardly, manifold mantras are
recited in devotion.

Jaapa ajapaa anahada baaani
Saara shabda nita hovata jhini
Jyaakaa vaara na paaraa (6)

The bani that is recited with the
tongue is different from the Unspoken,
Limitless Bani within.
The True Shabd reverberates
unceasingly.
It has no beginning; it has no end.

Gyaana dhyaana aura praana yogaa
Saadha siddha aura mana sanyogaa
Karma kaanda aura aacharaa (7)

The yoga of reasoning, the yoga of
contemplation, the yoga of pranayama,
The practices of the meditators and
the control of the mind,
The rites, the rituals and the ways of
righteous living

Yogi japi tapi sanyaasi

Nihang niramale aur udaasi
Gorakha pantha saare baaraa (8)

The yogis, the reciters, the ascetics and
the renunciates,
The Nihangs 64, the Nirmalas 65, and
the Udasis 66
The Gorakh Panth — all the twelve
Nath Panths, and a half-Panth 67;

Pira paigambara aura auliyaa
Allaa khudaa kaaji mauliyaa
Hakikata tarikata maarfata sharaa (9)

The Sufi saints, the prophets, and the
holy men,
Allah, Khuda 68, the judges and the
scholars learned in Muslim law.

The four stages – good conduct, study of sacred texts, mediation, and realization; [Everything is supported by Dhunatmak Naam.]

Santa satguru dhara yaha kaayaa
Mantropadesha de jiva chetaayaa
Kaayaa hai athaha samudraa (10)

The Sant Satguru takes up this body.
Giving the Five Holy Names, He has
awakened the jivas.
This body is a fathomless ocean.

Somanaatha kahe kaayaa shodho
Surata shabda mila gagana me bedho
Janama marana mite pheraa (11)

Somanath says, "Search within this body.

When you unite your soul with the Shabd and penetrate into the beyond, your cycle of births and deaths will come to an end."

40 Kaayaa Garha Jito Re Bhaai

Kaayaa garha jito re bhaai

Kaayaa garha jito re bhaai (refrain)

Conquer the fort of the body, O brother.

Conquer the fort of the body, O brother.

Is kaayaa me chora anekaa
Nisa dina baitha karata hai dhokaa
Eka se ek hai bare chalaakaa
Barajata neka maanata naahi (1)

Countless thieves have crept into this
body.
Day and night they deceive us, each
one more underhanded than the next.
They have dispensed with decency and
don't listen to anyone.

Kaama kroda hai bare anyaayi
Lobha moha ki kyaa kahun bhaai
Aage paache ghaata lagaai
Bata maara jaise taaka lagaai (2)

Lust and anger are unruly and lawless.

What can I tell you about greed and attachment, O brother?
They attack from every side.
They lie in ambush like highwaymen.

Pancha vishaya aura pachisa prakariti
Dasa indriya aura traiguna saathi
Mana taranga men ahoraati
Dukha naanaa bhaanti kahi na jaai (3)

The five sense enjoyments and the
twenty-five prakritis,
The ten sense organs and the three
gunas are always with you.
Day and night, you are troubled by the
waves of the mind.
The innumerable sufferings you must
endure are beyond description.

Yaha saba kaala maayaa kaa senaa
Rana dhurandhara, larhe pravinaa
Eka se eka mahaa balavaanaa
Lokatraya ina maara giraai (4)

They have all joined the army of Kal
and Maya.

Expert on the battlefield, proficient in
warfare, each one mightier than the
next, they overwhelm everyone in the
three worlds.

Bare bare ina para kare chadhaai
Bhaanta bhaanta se larhe larhaai
Yoga yagya aura tapa karaai
Taubhi ina ki rahi baraai (5)

Many great ones have tried to
overpower them, struggling against
them by so many means — performing

yogic practices, Vedic rituals, and austerities.

Still, they [the warriors of Kal and Maya] kept the upper hand.

Apane balate bahu ajamaaii
Tiratha baratha upavaasa karaai
Taubhi chale na kachu adhikaai
Taba haara paryo guru sharanaai (6)

Exerting your own strength, you explored many methods —
Fasting and bathing in the holy waters.
But still you couldn't succeed no matter how hard you tried.
Finally, defeated, you have come in to the shelter of the Guru.

Santa satguru yukti bataai

Sata naama kaa shastra dharaai
Nitya nema ki bhai larhaai
Prema baana te kaala giraai (7)

The Sant Satguru has told you the
method, and He has put the weapon of
Naam in your hand.
With regularity, keep up the fight, and
shoot down Kal with the arrow of love.

Naama ratata sadbhatki jaagi
Shila santosha satya anuraagi
Surata shabda ki taari laagi
Anahada shabda dhuna pragataai (8)

Through constant repetition of Naam,
bhakti has awakened — continence,
contentment, truthfulness, and love.
When you absorb your Surat in the
contemplation of the Shabd, the

limitless Sound Current will become manifested.

Somanaatha jape naam nirantera
Shabda guru ko dhaar hridayanantara
Balihaara guru ko baarambaara
Jina maayaa maara hataai (9)

Somanath says, "You should repeat the Naam without ceasing.
Cherish the Shabd Guru in your heart.
Again and again, sacrifice yourself
before that Guru Who has driven off
and destroyed the forces of Maya."

41 Maayaa Mohini Saba Koi Maane

Maayaa mohini saba koi maane
Nija maayaa kaa mula na jaane (refrain)

Everyone worships Maya the
Enchantress, but no one understands
the true nature of the Primal Maya.

Maayaa kaa nahi paaraavaara
Maayaa me bhaye dasa autara
Brahmaa Vishnu sahita Shiva Rudra
Devi devaa aara Devendra
Lokatraya saba maayaa jaane (1)

Maya has no beginning and no end.
From Maya spring the ten avatars,
Brahma, Vishnu, and Shiva Rudra, 69
The goddesses and gods, including
Indra, the king of heaven.
Understand that all the three worlds
are created by Maya.

Maayaa me bhave byaasa shuka devaa
Maayaa darate baahara na aavaa
Bahutaka dina garbhavaasa me rahavaa
Maayaa aapni chaala chalaavaa
Yaha jaga saba maayaa kaa khela
khilaune (2)

Ved Vyas and Sukhdev came into the
realm of Maya.

For fear of Maya, Sukhdev refused to
be born;

For many days, he remained in his
mother's womb.

He knew that when he came out, Maya
would practice her wiles on him.

All this world is the plaything of Maya.

Sata asata se vilakshana maayaa
Chitta se jaane so chaitana maayaa
Nitya nema aura japa tapa maayaa

Pitraadika pinda diyo so maayaa
Prithvii nau khanda maayaa utpaane (3)

Maya is illusion — neither real nor unreal.

The mind perceives her as Chaitana
Maya. 70

Daily prayer, recitation, and austerities
are all Maya.

Making offerings of sweetened rice
balls to the departed ancestors is
Maya.

Maya has fashioned all the nine
divisions of the earth.

Bhakta kare so bhakti maayaa
Yukti saadhana saba hi maayaa
Virakta kare so tyaaga maayaa
Shakti upaasanaa ashakti maayaa

Yukti prakaasha saba jaga bharamaane
(4)

The devotion of the devotee is Maya.
The practices of the yogis are all Maya.
Renouncing desire is also Maya.
Worshipping Shakti, you become
subservient to Maya.
The light of Shakti misleads the whole
world.

Sabala maayaa kini chaturaai
Apni vishaya aapa bhogaai
Bane na kisa ki maaya lugaai
Bhai na kabahu uski sagaai
Apni shakti te sabako deta bhramaane
(5)

Fearsome Maya devises her schemes.

She enjoys the pleasures that she herself creates.

She may pretend take the form of someone's mother and their wife as well.

But she doesn't have a true relationship with anyone.

With her power, she entices everyone into illusion.

Aapne putra ki aapa hi naari
Brahmaa Vishnu Shiva Tripuraari
Maayaa aapni aavarana daari
Paaravati Lakshmi bhai Saavitri
Maayaa agama ananta ko gane (6)

She becomes the wives of her sons —
Brahma, Vishnu, and Shiva Tripurari. 71

Maya hides herself under a veil, coming as Parvati, Lakshmi, and Sarasvati also.

72

Maya is beyond comprehension; she is reckoned as infinite.

Maayaa chalabala apno kini
Chaara khaana lakha chauraasi yoni
Saba para aapani satta thaani
Jasa chaahe tasa naacha nachaani
Aapa hi mrityurupa hoya saba ko
chabaani (7)

Through force and fraud she works her will.

The four modes of birth and the 84 lakh forms of life — she exerts her power over them all.

As she wishes, so she makes them
dance, and taking on the form of
death, she devours each and every one.

Soi bache maayaa te nyaaraa
Jaake hridaya guru aadhaaraa
Satanaama kare nita uchaaraa
Shabda anaahada pragate saaraa
Ahi nisa apne dhuna me aapa hi dhune
(8)

Only those escape her nets and go free
who take the support of the Guru in
their heart.

Through daily repetition of the True
Name, all the limitless, unstruck
Melodies manifest within.

Day and night, you become absorbed in
the Inner Sound.

Dina dayaala karo guru dayaa
Main mangu nisa dina teri chaayaa
Maayaa to kachu chale na upaayaa
Haara paro tava sharana me aayaa
Somanatha sataguru charana
samaane (9)

O Merciful on the helpless ones, grant
me the Guru's grace.
Perpetually, I implore your protection;
then no ruse of Maya can touch me.
Exhausted, I have come into the
protection of your shelter.
Somanath has merged in the Guru's
lotus feet.

42 Moha Phaansa Me Sabhi Phasaane

Moha phaansa me sabhi phasaane
Maayaa rupa dekha harsaane (refrain)

Everyone has been trapped in the
snare of attachment.
Seeing the form of Maya, they all
become pleased.

Moha bija hai srishti mulaa
Usi bija te bani phala phulaa
Rishi muni adika khaaya jhakolaa
Dasa autaara saba moha phasaane (1)

The seed of attachment is the root of
all creation; from this seed spring all
the flowers and the fruits.
The rishis and munis are shaken and
tossed about.

All the ten avatars are ensnared in attachment.

Devana me Mahaadeva kahaaye
Mohini rupa se mohita bhaye
Pratyaksha Vishnu samajhana paaye
Sthiti paalata kaama vasha bhaye
divaane (2)

Among the gods, Shiva is counted as the greatest,
But seeing the beauty of Mohini, he became enthralled.
When Vishnu revealed his true form, then Shiva understood,
But when Vishnu again adopted the form of Mohini, Shiva was consumed by desire. 73

Veda Vyaasa pitaa Paraasharaa
Yoga purna kara lautata ghara
Marga me mohya Machodaraa
Yaha saba moha hi khela khilaane (3)

Parashara Rishi was the father of Ved
Vyas.

Having perfected his sadhana,
Parashara Rishi was traveling back to
his home;

But on his way he saw Machodara 74
and was waylaid by infatuation.

They all became the playthings for the
amusement of Maya.

Tripuraasura stri Vrindaavani
Jaaya Vishnu taahi lubhaani
Pativrataa harana kini
Satya chora asatya hi thane (4)

Vrindavani was the righteous wife of
Tripura the demon. 75

Going on pilgrimage, she became
enchanted with Lord Vishnu's beauty.
All her devotion and faithfulness to her
husband crumbled.

Giving up truth, she plunged into
falsehood. 76

Raajya kanyaa kaa swayamvar bhai
Kaama bhaava Naarada lalachai
Maagyon swarupa Vishnu te jaai
Avayava sundar mukha bandara
bithaane. (5)

When the King (Shilanidhi) announced
the swayamvar 77 of his daughter. 78
Narada coveted her and became
possessed by lust.

He bowed before Vishnu and craved the boon of a beautiful form.

Vishnu granted him comely limbs, but fashioned his face like a monkey's. 79

Viddhishni bhaai yoddha Kichaka
Mohita bhayo Sairindri dekha
Bahu samajhaaya maane nahi neka
Naahaka Bhima ke haatha maraa ne (6)

King Virat's brother-in-law was the great warrior Kichak.

Kichak became infatuated when he beheld Sairindri. 80

She refused him, but he abandoned all propriety.

Rashly, Bhima tore him apart with his own hands. 81

Kisa kisa ki mai karu bakhaanaa
Moha maayaa te koi kyu na bachaanaa
Ham hun moha me jaata bahaanaa
Santa sataguru liye bachaane (7)

How many more stories should I relate
to you?

No one has escaped from attachment
and Maya.

I was drowning in the river of
attachment, but the Sant Satguru came
to my rescue.

Somanaatha para bhai guru kripaa
Nicha kita ko badashaahi thaapaa
Lagaa liye charanana me aapaa
Satanaama de sata dhaama
pahunchaane (8)

The Guru showered grace on
Somanath.

He placed the emperor's seal on a
lowly insect.

I have become absorbed in Your holy
lotus feet.

Bestow the gift of Sat Naam, and make
me reach the True Home.

43 Kauna Aascharya Kauna Aascharya

Kauna aascharya kauna aascharya
Paramaaratha saadhana kauna
aascharya (refrain)

What a wonder! What a wonder!
What a wonder to meditate on the
Lord.

Ucha nicha saba chora ke,
Kicha kalpanaa tyaaga ke
Khaincha mana maayaa upaadhite
Nisa dina dhyaana dhare guruvarya (1)

Discard all thought of high and low.
Give up the attraction to illusory
matter.
Abandon the mind's infatuation with
the attributes of Maya.
Then day and night, fix your
contemplation on the exalted Guru.

Aashaa bhaava se hoyaa alaidaa
Naasha maayaa kaa sparsha na kadaa
Durguna dosha se rahe judaa
Dhaare guru naama param aishvarya
(2)

Rise above all feelings of desire.

Shun the touch of destructible Maya.
Part company with the sins and the
vices,
And focus your attention on the Guru's
Divine Naam.

Chintaa chaturaai saba tyaage
Santa maarga me sada hi laage
Baitha ekaanta beanta me jaage
Shaanta hoya dhaare yaha kaarya (3)

Set aside all cleverness and worry.
Tread on the Path of the Saints without
wavering.
Sit alone in seclusion and awaken the
Infinite within you.
Stay true to this practice, and you will
achieve peace.

Sunna samaadha sada hi rahe
Bhinna bhaava kabahu na aave
Eka brahma dvitiya nasaave
Isa sthiti me rahe sthairyaa (4)

Remain absorbed in the Sunn Samadhi.
82

Never think you are separate from
Him.

The One Lord is the destroyer of
duality.

Repose in the State of Perfect
Equipoise.

Aage saara shabda hai dhaaraa
Anahada baani hota apaaraa
Gurumukha jaane jaanana haaraa
Sadaa rahe ekasaa naahi kisi se varya
(5)

The stream of the True Shabd flows down from above.

The Anahad Bani 83 is boundless and infinite.

The Gurumukh is the knower of the Omniscient Lord.

Remain absorbed in Oneness, casting enmity from your heart.

Somanaatha sataguru kripaa se
Naama japata sada mana ulhaase
Maayaa kaata diye ek nimishe
Guru charana prakaasha bhayo shashi
surya (6)

By the Grace of the Satguru, Somanath repeated the Naam and became intoxicated in Divine Bliss.

Maya was dispelled in the blink of an eye;

The dazzling light of the Guru's lotus feet is shining like the sun and moon.

44 Kaise Ye Guru Deva Ji

Kaise ye guru deva ji
Jaise ko taisaa hi kara diye ji (refrain)

What kind of Gurudev is this Who made me like Himself?

Aashaa paasha moha naasha kiye sabhi
Shesha svarupa gyaana bodhi se mujhe
(1)

Destroying the trap of desire and all the attachments, He gave me the knowledge of the Supreme Lord.

Ekaanta bulaaya ke, lokanta kara diye ji
Eko naama bheda deya ke nija
Kaaka vishta sama sansaara dikhaaya ji
(2)

Calling me into the stillness of
solitude, He took me beyond the
boundaries of this world.
He revealed to me the secret of the
One Primal Naam and showed this
world fashioned of dirt and filth.

Saadhu sangata karaaya, bodha amrita
pilaaya ji
Naadaanu sandhaana vidhi dikhaaya ke
Jaadu hi kara mujhe moha liye ji (3)

He granted me the company of the true Sadhu and made me drink the Nectar of Knowledge.

He showed this foolish one the Path to union.

He worked His magic and made me His own.

Byaasaa vaale ji, baithaa phaansa
lagaaya ji

Aashaa kara ke jo koi jaave

Niraasha kara apne me milaaya ji (4)

The Saint on the banks of the Beas has laid His trap.

Whoever goes to Him with hopes and aspirations, He makes them desireless and unites them with Himself.

Somanaatha ko, so amala pilaaya ji
Maalaa mudraa bhava bhabhuta
churaaya ke
Pyaalaa prema de aalamasta kiye ji (5)

When the Guru gave the intoxicating
beverage of Naam to Somanath, he
threw away the rosary, the mudras, 84
and the sacred ash.
Drinking from the cup of Love, he was
lost in rapture.

45 Kara Le Guru Se Prita Re

Kara le guru se prita re
Kara le guru se prita re (refrain)

Have love for the Guru,
O, have love for the Guru.

Lakha chauraasi yoni bhramana te
Dukha naanaa tuma bhogata bite
Taba bhi nahi sharmaata re (1)

Your soul has wandered through the
wheel of eighty-four, and you have
endured countless sufferings in the
lower species of life — but still you
feel no shame.

Maanushya janma amolaka paayaa
Kara karaara garbha vaasa se aayaa
Aba kyon bhula bisaraate re (2)

Now, you have obtained this priceless
human body.

In your mother's womb, you vowed to
meditate on Naam.

Why have you forgotten your promise?

Nisa dina naama japo mere bhaai
Bigari baata teri bana jaai
Nahi to jaiho yama haatha re (3)

O brothers, repeat the Naam day and
night;
Then you can be freed from your
difficult plight.
Otherwise, you will go into the hands
of Kal.

Sataguru tohe bheda bataave
Pancha shabda kaa marama lakhaave
Maana guru ki baata re (4)

The Satguru reveals the secrets of the
inner worlds, and He unveils the
mystery of the Five Divine Melodies.

Accept the Guru's teachings in your heart.

Aage vhai paga paache na dhariyo
Maayaa mohata dure rahiyo
Taba teri hoya kushalaata re (5)

Don't look back; surge forward on your spiritual quest.

Keep yourself aloof from the allurements of Maya; then you will remain happy and blessed.

Sohang shabda bhaja baaram baaraa
Andhakaara me hoya ujiyaaraa
Maayaa panda nasaata re (6)

The Sohang Shabd 85 is perpetually resounding.

The darkness becomes radiant with
dazzling light, and the snare of Maya is
destroyed forever.

46 Gurudeva Ke Shabda Ki Baana Lagi

Gurudeva ke shabda ki baana lagi
Gurudeva ke shabda ki baana lagi
(refrain)

The arrow of Gurudev's Shabd has
pierced my heart.
The arrow of Gurudev's Shabd has
pierced my heart.

Jaagi bhakti dina aur raati
Mana meraa rahta utangi (1)

I stay awake in devotion day and night.

My mind remains concentrated in the
exalted realms.

Guru dayaala kari nihaala
Jaise kita bhrangi (2)

The Guru's mercy fills me with delight,
Like the bhringi infuses the keet with
its own life impulse 86

Jaise patangaa hota na apangaa
Dekha jyota jale bhaagi (3)

Just like the moth that does not shy
away,
Seeing the light, it dives in and burns
itself.

Taise guru dhyaana laagi mana me
Jarata biraha aagi (4)

In the same way, keep your mind so
riveted in the contemplation of the
Guru that it is perpetually burning in
the fire of separation.

Mina mrugaa, nira naada surangaa
Chaarhata praana hi tyaagi (5)

As the fish loves the water and the
deer loves the sound,
They sacrifice their life in devotion to
their love,

Guru mukha ko asa guru hi pyaaraa
Sahaja samaadha lagi (6)

In the same way, the Gurumukh adores the Guru and becomes lost in the bliss of Sahaj Samadhi.

Sahaj Samadhi is The State of Natural Equipoise – absorption in the Realm of Truth.

Shabda nirantara antara baahara
Jaagata sovata jaagi (7)

The Shabd resounds continually, both within and without;
It reverberates in wakefulness and in sleep.

Somanaatha kala nahi parata
Guru charana lau laagi (8)

Somanath says, "The soul knows no repose until it merges into the Guru's lotus feet."

47 Lagi Prema Ki Baan

Lagi prema ki baan
Visaragai deha abhimaan (refrain)

I have been struck by the arrow of love;
All vanity of the body is forgotten.

Nisa dina aatho yaam
Sadaa rahata bechaina
Jasa hiraday lagi nishaan
Nikasata hai jasa praana (1)

Day and night, through all the eight
watches,
I remain restless and ill at ease,

As though an arrow had pierced my
heart,
And my life was ebbing away.

Kya kahun kahi na jaai
Kahe to ko patiyaai
Andhe ko suraja janaai
Dardi kaa dukha dardi jaana (2)

What can I say? It cannot be described.
If I spoke, who would believe my
words?
Who can describe the sun to a blind
man?
Only the one enduring the pain can
know what pain is.

Aba taka deri tum kyo laai
Abhaagana ki kyaa khataai

Roya roya saari raata bitaai
Tau bhi darashana nahi dikhaana (3)

Why do You still delay?
What mistake has this unfortunate one
committed?
I spend my whole night shedding tears.
Still, You do not give me Your darshan.

Chakavi chakavaa raata biyogaa
Dina me hota eka sanyogaa
Mere aise kyaa hai bhogaa
Darsha hota na raata na dina (4)

In the night, the chakvi and chakva are
separated.
They are united only by day. 87
But what do I know of such enjoyment?
I do not behold my beloved, either by
night or by day.

Tumare kaarana lai fakiri
Gharabaara chora jikiri
Milaai tana khaaka khakiri
Naina bhaye jasa jharanaa jharan (5)

For your sake, I became a fakir.
Performing the repetitions, I deserted
my home.
Becoming an ascetic, I smeared my
body with ashes.
Tears pour from my eyes like a flowing
stream.

Somanaatha bilape ahoraata
Jaise jal bina mina tarapaata
Tujha bina hiraday khatakaata
Jaavana chaahata aba praana (6)

Somanath goes on weeping day and night.

He is writhing like a fish out of water.

Without You my heart is throbbing, and I want to give up my life.

48 Couplets: In Praise of Satguru / In Praise of Satsang

48 COUPLETS

“In Praise of the Satguru”

Guru mahimaa saba hi kiye

Veda shastra puraana

Nija vahimaa vahi hai

Jaame aapa nasaana (1)

Everyone praises of the Guru.
The Vedas, Shastras, and Puranas sing
His glory.
All of His qualities are worthy of
veneration, but most praiseworthy of
all, He destroys the cycle of birth and
death.

Guru pe tana mana vaariye
Rahiye guru samaaya
Jaise nadi yoga se
Jaaya samudra milaaya (2)

Sacrifice body and mind to the Guru;
Remain absorbed in Him,
Just like the water of the river flows
down and becomes merged into the
sea.

Guru kama dhenu karunaakara
Kalpita baradaayaka
Shishya vatsa samajaaniye
Naama kshira yaachaka (3)

The Guru is Kamdhenu, the wish-granting cow; He is the form of mercy. He is the One who fulfills all desires. The disciple is like the beloved calf, crying for the milk of Naam.

Guru aadi anta madhya sakala
Paripurna paramaananda
Nirvaana nirlepa nirmalaa
Sarvatra puja vanda (4)

The Guru is all in all – the beginning, middle and end.
He is the Perfect Supreme Lord of Bliss, dwelling beyond this mortal

world, Pure and Undeiled — worthy of
all worship and praise.

“In Praise of Satsang”

Satasanga sama tiratha nahi
Jaate mana manjan hoye
Shraddha sahita satasanga kare
Jaraa marana mita jaaya (5)

No place of pilgrimage is equal to
Satsang.

In Satsang, the mind is scrubbed clean.
Whoever attends the Satsang with
faith and devotion, they escape from
this realm of decay and death.

Bhavaaagara athaaha samudra me
Satasanga jahaaja chalaaya

Tana man arpita jo charhe
Saagara paara taraaya (6)

In the fathomless ocean of existence,
The Satguru pilots the ship of Naam.
Whoever sacrifices body and mind to
Him, He ferries them to the other
shore.

Parama dhaama pahili sirhi
Sangata sataguru ki jaana
Sata shabda hride base
Sacha satasanga pramaana (7)

Going into the company of the Satguru,
take the first step towards the Lord's
abode.
Enshrine in your heart the Sat Shabd;
Through Satsang the Truth is revealed.

Satasanga jala ati nirmalaa
Mala mala mana ko dhoya
Saara gyaana saabuna sarasa
Pala pala daya lagaaya (8)

The water of Satsang is indescribably pure.

It cleanses away the filth of the mind.
With each and every moment, go on
applying the refreshing soap of
Spiritual Knowledge.

Satasanga mahimaa kyaa kare
Karata mana sakuchaaya
Paarasa sparsha hota hi
Loha kanchana bana jaaya (9)

How can I praise the greatness of
Satsang?

It makes the mind modest and lowly,
Just like the touch of the philosopher's
stone turns the rough iron into pure
gold.

49 Sataguru Saavana Shaa

Sataguru Saavana Shaa
Meraa chitta hara liyaa ji (refrain)

O Spiritual Emperor Satguru Sawan,
You have captured my attention.

Jita dekhu tita tu aapa dikhaai
Gati mati tana ki sthiti bhula gayi
Chanda chakora dhyaana laayaa ji (1)

Wherever I look, there I see You.

All consciousness of the body has been lost.

This servant does Your dhyān like the moonbird contemplating on the moon.

Dina ko chaina na raata ko shayanaa
Mana me mere tu ghara kinhaa
Kauna sune kahaa jaavaa ji (2)

In the day, I have no peace, and at night, I get no rest.

You have made your abode within me.
Oh who will hear this prayer of mine
and where do I go?

Naina bahe jasa jharanaa nira
Kaana kaliye bicha laagi tira
Jaana chaahata aba jiyaa ji (3)

Tears are flowing from my eyes like
water running in a stream.
You have pierced my heart with the
arrow of Your Love;
Now, I wish to give up my life.

Tujha bina jaaun kauni aura
Eka tu hi hai andara baahara
Mana mandara andara basiyaa ji (4)

Without you in which direction should I
go?
You are the only one both within and
without.
You have dwelt in the temple of the
mind.

Daasa Somanaatha dhyaasa me rahe
nitta

Aasa eka teri baalaka pita maata
Phaansa kaata diyo maayaa ji (5)

Your Servant Somanath remains in
dhyān constantly.

He has only your hope; you are the
father and mother of this child.

Cut the net of Maya.

50 Guru Raayaa Tava Charani

Guru raayaa tava charani
Tana mana vaahile (refrain)

O Majestic Guru, I sacrifice body and
mind at Your holy lotus feet.

Janana marana bhava dukha harana
Karuna nidhaana, kritaārtha kele (1)

You destroy the pain of birth and death.

O Treasure House of Grace, You have solved the mystery of existence.

Kota kota dandavata, tujha guru
maale

Thaata hai viraata, ati uncha ghaata
Chukuni vaata, bahu bhramiyale (2)

Millions of time I prostrate myself
before You; O Guru, You are the Loving
Mother of all.

Your magnificence is awe-inspiring; You
dwell in the sublime regions.

Seeking to scale those heights, many
are misled on devious paths.

Japa tapa saadhana, upavaasa saadhile
Vrata nema aachaara, karuni vichaara
Taapa dhuna agni, bahu taapiyale (3)

They practice the repetitions and
austerities; they observe the fasts.
Fulfilling their vows and carrying out
religious observances, they do deeds
of righteousness and cultivate
compassion.

Sitting in the heat and smoke, they
burn the ritual fire.

Mriga naabhi kasturi, mriga naahi
dekhile

Dagamaga chitta, agha paapa dwaita
Bhramata phiralo, maayaa mrigajale (4)

The musk is hidden in the deer's navel,
but the deer cannot find it.

The mind is unsteady and wavering;
stuck fast in sin, misdeeds,
And duality it wanders about in
illusion, like the deer chasing after a
mirage.

Ati dina daaruna, matihina pahile
Gati naam deuni, sthiti sudhaaruni
Patita jaanuni, paara bhava taarile (5)

I am thoroughly wretched, please take
care of this one of low intellect.
Give me the knowledge of Naam, and
improve my plight.
Be merciful on the fallen one; ferry me
across the ocean of this world.

Guru Saavana shisha Soma, raasa eka
keele

Paara sparsha lokhanda, kanchana
jhaale akhanda

Anda brahmaanda tyaaguni, tava
charan bhedile (6)

O Guru Sawan, work Your alchemy on
Your disciple Somanath.

Touching this iron with the
philosopher's stone, transform it
through and through into purest gold.
Going beyond the astral and causal
realms, I have become absorbed in
Your holy lotus feet.

51 Teraa Naama Rasamulaa Ji

Teraa naama rasamulaa ji
Jinhone svaada liyaa (refrain)

Your Naam is Nectar to those who have
tasted it.

Banda kare jo nava dvaaraa
Randhra dasave me chitta jo thaharaa
Indri mana ko roka liyaa (1)

Close the nine doors of the body.
Concentrate your attention at the
tenth gate.
Control the mind and the senses.

Aavata dhura se anahada baani
Sunata jhini antara shravani

Do nayani dhyaana laayaa ji (2)

The Anahad Bani is coming from above.
Listen to that subtle Sound Current
with internal hearing faculty.
Do Dhyan at the center between the
two eyes.

Mantra guru vaakya antara sumire
Shaanta chitta mana ekaagra dhare
Jantra shabda bajaayaa ji (3)

Do the Guru's mantra with internal
remembrance.
Make the mind and chitta peaceful by
concentrating them within;
Then you will hear the Shabd
resounding.

Sahasra kamala se trikuti aaye
Paara brahma men sunna samaaye
Mahaa sunna se bhanvara gayaa ji (4)

From the one thousand-petaled lotus,
the soul ascends to Trikuti.
In Par Brahm the soul becomes
absorbed in the Void.
From the great void the soul goes to
Bhanwar Gupha.

Sata loka aura alakha agama
Nija gati raadhaa swaami dhaamaa
Daasa Soma samaayaa ji (5)

The soul then travels to Sat Lok, Alakh
and Agam regions.
The final stage of the spiritual journey
is Radhaswami Dham.
The servant Somanath became
absorbed in that state.

52 Saavana Sarovara Saara Samudraa

Saavana Sarovara Saara Samudraa,
ghana jyon barase aaye (refrain)

O Sawan, Sacred Pool of Nectar, Ocean
of Truth; your cooling waters shower
down as if from monsoon clouds.

Karuna kataaksha kota agha udhaare.
Charanaamrita de bhava jiva taare.
Nara rupa dhaara, guru avataare. (1)

Through Your enchanting glance of
grace, millions of sinners achieve
salvation.

Grant us the Amrit flowing from Your
lotus feet; ferry us across this Sea of
Existence.

Guru is God-in-man; the Supreme Lord
has taken on the human form.

Guru dayaala sarva pratipaala, bhutala
paapa utaare

Niti niramiti surata shabda yoga

Aratha anubhava mahaa anuraaga

Kartaa kaarana karama se nyaare (2)

O Gracious Guru, You are nurturing and
caring for the whole creation.

Through You the sins of the world are
removed.

You fashioned the noble Yoga of the
Sound Current, which carries the souls
across to the True Home.

Refulgent Wisdom, Boundless Love,
You are the Creator, beyond action and
causation.

Aneka bhanushashi udaya hoya jaba,
tava ek roma na saaje
Kanaka mahaamani damaka laaje
Chamaka chandaayana koi na laage
Svayam svaprakaasha ati ghanere (3)

If countless suns and moons rose
together, their dazzling brightness
could hardly compare to one hair of
Your body.

The sparkling crest jewel in its housing
of gold is put to shame before the
resplendent beauty of Your
shimmering moon-like face.

Self-Existing and Self-Luminous as You
are, Your Radiance surpasses all
understanding.

Byaasa beaas vaasa sthaana me, shesha
satasanga chalaaye
Maasa eka me mahaasatasanga
Leshanaama de jiva bhava bhangaa
Darshana de mahaa moha taare (4)

You are the One who is free of desires;
on the banks of the River Beas You
made Your abode and started the
Satsang of the Almighty Lord.
Once a month You held the great
Satsang.
By distributing one particle of Naam,
You destroyed the sorrows and
sufferings of the jivas in this mortal
world.

Bestowing Your darshan, You removed
the weighty chains of attachment.

Nigama agama atita gaupya, sugama
vaakya samajhaaye
Duragama bhava dustara saagara
Kara gahi utaare paila para
Jaagata jota jaga taarana hare (5)

The deepest mysteries that lie far
beyond the Vedas, You proclaimed in
utterance simple and clear.
You pulled the souls out from the
deep, impassible ocean of existence,
and ferried them to the other shore.
O Kindler of the Inner Light, You are
the Lord and Savior of all the world.

Loka aloka kautuka sarva, aapa hi
rachana rachaaye
Alakha agama khalika khandaa
Tina loka aura sach khand
Chaalaka paalaka aapa hi saare (6)

This world and the worlds beyond, the
entire wondrous universe, has come
into manifestation through Your Will.
In the Unseen and Inaccessible Realms
down through all the planes of
creation, throughout the three worlds
and Sach Khand, the Realm of Truth —
You alone are the Sustainer and
Protector of all.

Daasa Somanatha vaasa charana me,
svaasa svaasa tava guna gaave
Bhaasa jagata moha maayaa
Phaansa kaata karo dayaa

Darasha sparasha jasa chanda chakore
(7)

May Your servant Somanath dwell at
Your holy Lotus Feet, and with every
breath sing only Your praises.

Be merciful and cut asunder the
attachment to Maya and worldly
allurements.

As the moonbird yearns for a glimpse
of the moon, so does Your servant
thirst for the sight of You.